



ST AUGUSTINE'S CATHOLIC HIGH SCHOOL AND SIXTH FORM

DEVELOPING THE WHOLE PERSON

Managing your Feelings about Lockdown and Online Schooling

The announcement to move to online schooling will have raised a lot of feelings for you. For some of us, it's an exciting opportunity to motivate and challenge ourselves. For others, it is frustration, fear or worry about the things we will be missing out on.

When we are faced with situations which are new or challenging we can grow in our resilience. We become more resilient when we face adversity and face situations which are on the edge of what it feels like we can manage. As we discover new ways of coping, we discover new skills to use in future tricky situations.

Here are our top 5 things for you to try over the next few weeks;

1. Recognize that your anxiety is completely normal

If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Anxiety is a healthy function which helps us make the decisions we need to right now, such as not spending time in large groups.

However, we sometimes we feel anxious about things we didn't before. This can happen when there is a lot of uncertainty about. We can notice we are worrying about things in the past or the future which we have no control over. If this is happening, talk to an adult you trust. You can also try mindfulness.

www.mindfulnessforteens.com is really good.

2. Create distractions

Think about separating things into "Things I can control" and "Things I can't control". There are a lot of things we can't control right now, which can feel really difficult. Try and focus on things like how you spend your free time – can you learn some British Sign Language, grow some plants or try and make something.

<https://www.british-sign.co.uk/> offers lots of online courses.

3. Find new ways to connect with people

It's normal to really miss the connection with people that we were beginning to get back during the Summer and Autumn. Think about what works for you – online games, video chatting and messaging are all great but see if you can be creative with contacting people too. Are there people you can write to? If the current guidance allows it, can you go for a walk or bike ride with someone? How about looking at Residential or Care homes nearby and seeing if their residents would like some post?

4. Focus on you

Is there something you've been meaning to do for ages? Maybe revise some French nouns, learn all the bones in the body or improve your ballet. There may well be youtube videos to teach you things which you wouldn't have had time to do before. Think about using the time you would have travelled to and from school as your "you" time. BeHeadstrong has lots of challenges you could try too, as well as ideas to focus on improving your mental health. <https://www.beheadstrong.uk/>

5. Feel your feelings

We can often feel afraid of our feelings – that the difficult feelings will last forever and that we have no control over them. The best way to manage them is to feel them! Imagine your team lost a match right at the last moment – you'd feel sad or disappointed, and then after a bit you'd feel other things too – the feelings don't last forever.

Processing your feelings looks different for everyone. Some people process feelings by talking to someone, by making art, by making a difference to others or journaling. This can be a helpful way of naming some of our feelings: <http://feelingswheel.com>

If you'd like to talk to people about how you're, these sites are really helpful too:

- **Childline – Wellbeing support**
www.childline.org.uk
- **Kooth – Online counselling**
www.kooth.com
- **Alumina – Self Harm Online Support**
www.selfharm.co.uk
- **Good Grief Trust – Bereavement Support**
<https://www.thegoodgrieftrust.org/find-support/for-young-people>
- **Stem4 – Anxiety, Depression and Eating Disorders support**
<https://stem4.org.uk>