

# NO LiMiTS

Helping Young People  
Help Themselves

## GOING BACK TO SCHOOL AND COLLEGE

Anxious about going back? Here's  
some tips to help those first few days



## How are you feeling?

As the holidays get closer to ending, the thought of going back to school or college can start to feel overwhelming, especially if you are really not looking forward to it.

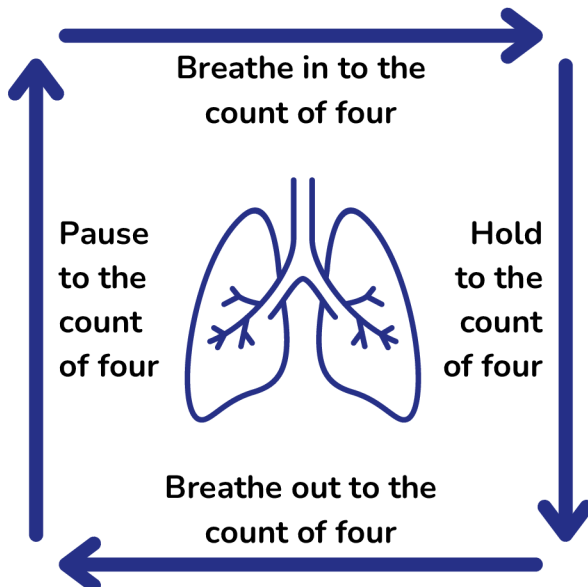
This booklet has tips that will hopefully help you to manage those first few days back and build towards having a great year.

## Feeling anxious?

A lot of young people feel anxious about going back to school or college - it's perfectly normal and okay to feel like this.

Education can bring about a lot of pressure, especially at the start of the new year, working out where you're going, having different classrooms, classmates and teachers. Going all in from a long holiday off is tough.

If you're in a moment where you feel like you're getting more anxious, try this square breathing technique to help you out. Slowing your breathing will help to lower your heart rate, which will help you to feel calmer.



# Feeling overwhelmed?

There is a lot for you to process at the start of a new year. All the changes can make you feel overwhelmed and like there's too much going on, especially if you're going to a new school or college - there's a lot of new places and new faces!

If you feel like there's too much to take in, try and go through the things going through your mind one by one, like a checklist. Some things you might want to consider are:



What date and time do I go back?

.....



How am I getting there and what time do I have to leave?

.....



When I get there, do I know where I need to go?

.....



Is there anything else I need?

.....

If you haven't got the answer to those questions or any others you have yourself, think of who you can talk to, to help you find out what you need to do.



# Tips to help you through the first few days

## Talk about it

If you're getting anxious about going back, talking to someone about it can be a really big help. You could see what your friends are up to and see how they're feeling about going back - they might be feeling the same as you. You could also tell a family member and let them know what you're worried about and they might be able to help you work through your worries.



## Think about what is good about going back

If you're not looking forward to going back, think about good reasons for you to go into school or college. This could be seeing friends, doing a subject that you enjoy, or a club that you take part in. When you get ready, remind yourself of the reasons for going in.

## Pack your bag the night before

Save yourself a bit of time in the morning and get everything you have that you need to take in your bag the night before. While it doesn't take long to pack a bag, it's usually one of the last things we do and if we're in a rush, we're more likely to forget to pack something!



## Get a good amount of sleep

You need sleep to give you energy for the next day, especially if you're doing something big, like having your first day back after the holidays.

The recommended amount of sleep for teenagers is 8-10 hours. See if you can go down the middle and aim to get nine hours.

If you're struggling to get to sleep, try putting a podcast on to give your mind something to concentrate on.

### Create a good bedtime routine

Something to help with sleep is having a good bedtime routine, where you go to sleep feeling relaxed and settled.



You can get going with this by trying to do things like brushing your teeth, getting into bed and going to sleep around the same time.

Try reading, listening to calming music or a podcast, or doing something like knitting or crochet and avoid screens for at least an hour before sleep.



### Eat breakfast before you go

Just like sleep, breakfast is really important. It's what fuels you through the morning until break or lunchtime. You will have more energy to think and do having had breakfast.

If you're feeling anxious and aren't hungry, try to have a little bit so your stomach has something, and make sure you're drinking enough.

### Go in with a friend

Travelling to school or college and going in with a friend might make it easier to walk through the gates on the first day.

Arrange with a friend to walk in together, share a lift or get the same bus as you.



### Get to grips with your new timetable

Whether you get your new timetable before the year starts or on your first day, familiarising yourself with your new timetable can help you feel more prepared and on top of your new routines.

If you're finding it hard, try looking to see if there are any lessons that you think you will enjoy more and use those as markers to try and get to.

# Want to talk to No Limits?

We offer free, confidential information, advice and support for young people under 26 in Southampton, Hampshire, Portsmouth and the Isle of Wight.

## Drop-in sessions in schools and colleges

Our youth workers run weekly and fortnightly drop-in sessions in schools and colleges across Southampton, bringing our support right to you.

You can speak to our youth workers at our stand without having to make an appointment and in all schools and colleges, there is the option to make a one-to-one appointment with a youth worker if you need to talk about something in private.

Find out when we're in your school or college on our website.



### Drop-in Sessions in Schools and Colleges

[nolimitshelp.org.uk/advice-and-wellbeing-hub/school-and-college-drop-ins](https://nolimitshelp.org.uk/advice-and-wellbeing-hub/school-and-college-drop-ins)

## Mental Health Support

We offer a broad range of mental health and wellbeing support, covering our whole area.

### Support includes:

- Counselling
- One-to-one or group work with a youth wellbeing practitioner
- Three out-of-hours Safe Havens across our area
- Mental health transition support for 16-25 year olds
- Social prescribing



**Mental Health Support**  
[nolimitshelp.org.uk/mental-health-and-wellbeing](https://nolimitshelp.org.uk/mental-health-and-wellbeing)

## Other organisations to talk to

If you are anxious about going back to school or college or feel you are getting anxious about other things and want to talk to someone else, these organisations can help you.

All support is available 24/7, 365 days a year.

### Childline

Help and advice on a wide range of issues, over the phone and online. Call **0800 1111** or visit [childline.org.uk](http://childline.org.uk)

### Samaritans

Phone line on **116 123**. This is a listening service and they won't offer you advice or information.

### Shout

Anonymous text service for people experiencing a mental health crisis. Text 'HANTS' to **85258**.

## I want to find out more



### Childline

[childline.org.uk/info-advice/school-college-and-work](http://childline.org.uk/info-advice/school-college-and-work)



### YoungMinds

[youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety](http://youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety)

## Find out more about No Limits

[nolimitshelp.org.uk](http://nolimitshelp.org.uk) | 02380 224 224 | [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)

