

# COMING BACK AFTER LOCKDOWN

*Information to support pupils who are experiencing high levels of anxiety as students return to school.*

## Coming Back to School



The long period of lockdown due to the novel coronavirus has been difficult for all of us, not least our pupils. Although coming back to school signals hope for the future, it comes fraught with difficulties and anxieties.

This leaflet offers you some sources of information and guidance on how to support pupils who may be experiencing higher levels of anxiety than typical. In addition, there are some sources of support for staff; if you're not looking after yourself, you can't look after your pupils.

This is by no means an exhaustive list. For further support, please speak to your Specialist Teaching Service teacher.

## Supporting Pupils who are Experiencing High Levels of Anxiety

<https://www.pookyknightsmith.com/> A video about anxiety resources and activities

<https://www.mentallyhealthyschools.org.uk/mental-health-needs/anxiety/> Signs and symptoms of anxiety plus ideas for support.

<https://www.annafreud.org/media/11495/helping-cyp-manage-anxiety-apr2020-v4.pdf> A practical guide to supporting pupils with high levels of anxiety

<https://www.annafreud.org/media/11608/7waysanxiety.pdf> 7 ways to support pupils who are feeling worried

<https://www.mentallyhealthyschools.org.uk/mental-health-needs/anxiety/> An overview of what anxiety is and what you can do to support pupils.

<https://youngminds.org.uk/find-help/conditions/anxiety/> An overview of symptoms of anxiety. Good to share with older pupils as well as for your own information.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/> Free e-books



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## Self Help

Some pupils may prefer to access self help resources.

<https://www.getselfhelp.co.uk/> Free self-help and therapy based resources based on Cognitive Behaviour Therapy (CBT)

<https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/> A website and app designed to support teenagers and young people. Recommended by Youth Mental Health First Aid England

<https://www.thriveport.com/products/moodkit/> CBT based app, recommended by the NHS.

<http://sam-app.org.uk/> A self-help app for anxiety.

<https://www.excelatlife.com/apps.htm#panicapp> A self-app to help people cope with panic attacks.

<https://nopanics.org.uk/youth-hub/> Lots of ideas and resources to help with anxiety and panic attacks



## Looking After Yourself

<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

<https://www.educationsupport.org.uk/helping-you/>

<https://neu.org.uk/coronavirus-what-you-need-know-staff>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

<https://www.supportline.org.uk/problems/anxiety/>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

<https://www.anxietyuk.org.uk/>



Your STS specialist has access to a lot more resources than can be referenced here. Just ask if you need more support.

Keep an eye out for our Strategies Help Sheet which your STS teacher can share with you!