

Managing The Return To School & Work After The Summer

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With the new academic year starting we are having to say goodbye to our summer break. Another change after a year of so many can feel uneasy. Here are some strategies you can use to help manage those feelings of worry or anxiety:

1. Plan something to look forward to



Summer holidays may be over but that does not mean you need to stop planning fun things for the family to do together. Give yourself something to look forward to for the next holiday and upcoming weekends

2. Get into a new routine



Take some time to find your feet in a new routine. Using a calendar or diary can be helpful to plan ahead and keep organised. Having a routine can help lower stress levels as well as help you feel more focused and productive

3. Practice deep breathing



Practising deep breathing daily can help you relax and decrease the level of stress hormone cortisol released into your body. [Click here](#) for a demonstration of a deep breathing exercise.



How to calm your worries and sleep better:

Scan QR code for video. Visit [My Mind TV](#) for more videos

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.

Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
<https://hfehmind.jotform.com/210523186902955>

For blog posts, and to learn more about the support we offer, visit our website: www.hfehmind.org.uk