



## Managing Thoughts and Feelings – A Guide for Students

Covid-19 has caused disruption to our lives. Many people have coped well, but some may find the changes to rules and routines in school stressful. It is normal to feel a range of emotions. It may take a little time to get used to the rules and routines. We all respond to change and stress in different ways, and use different coping strategies.

During this time it is especially important that you look after yourself. Staying active, getting enough sleep, eating healthily, limiting your use of technology will help.

Here are some tips about how you can manage any thoughts or feelings that are bothering you about starting your new school/year.

It's natural to have lots of different thoughts and feelings when starting in a new school/year.



### You might be thinking...

- I can't wait to see my old friends
- I can't wait to make new friends
- I have forgotten everything I learned in school
- I wonder what this year will be like
- I wonder what my new teacher(s) will be like

### You might be feeling...

- Nervous
- Stressed
- Angry
- Relieved
- Worried
- Excited
- Nothing



### Your body might feel...

- Tense
- Like you have butterflies in your tummy
- Tired or unable to sleep

d or unable to sleep  
t you have headaches



## What to do if your thoughts, feelings or sensations in your body make you feel bad:

- **Notice your thoughts.**

Are you focusing on the negative things in your life? For example, are you thinking 'I have missed out doing so many good things because of Covid, or "we were supposed to be going/doing.....but we will never get to go there/do that now. If so try to challenge these unhelpful thoughts by saying:

- 'Is that really true?'
- Will we get to do the good things we missed another time?
- 'Will I get another chance to go there/do that?'

When you challenge your unhelpful thoughts you can then replace them with more helpful, calming thoughts that make you feel; for example, 'I can ask the teacher if we could do something else instead', '

- **It's good to talk!**

It really does help to talk. Choose somebody you trust and tell them how you are feeling. Talking about your feelings can make the feelings less strong.

- **Name it to Tame it**

Try to name your feelings and this will give them less power. Feelings come and go, you will not feel like this for ever. Remember, if you continue to be worried or your body feels bad you can talk to your G.P.

- **Notice your body.**

Are you tense anywhere in your body? Breathe into that area and imagine the area softening.

- **Ways to relax**

Practice calming strategies regularly such as breathing, visualisations and mindfulness. See NEPS relaxation documents here and podcast [here](#).

- **Ways to help you take care of yourself**

Look at the self-care ideas on the next page and select ones that suit you.



# 50 Ways to Take a Break

**NEW**

- 1. Take a Bath
- 2. Listen to Music
- 3. Take a Nap
- 4. Go to a body of water
- 5. Watch the clouds
- 6. Light a candle
- 7. REST your legs up on a wall
- 8. Let out a sigh
- 9. Fly a Kite
- 10. Watch the stars
- 11. Learn something
- 12. Listen to a guided relaxation
- 13. Read a Book
- 14. sit in NATURE
- 15. Write a Letter
- 16. Take Deep Belly Breaths
- 17. MEDITATE
- 18. Notice your Body
- 19. Call a Friend
- 20. Meander around Town
- 21. WRITE in a journal
- 22. Buy Some Flowers
- 23. Find a relaxing scent
- 24. WALK Outside
- 25. Go for a run
- 26. Take a bike ride
- 27. Create your own coffee break
- 28. View Some ART
- 29. Eat a meal in SILENCE
- 30. Turn off all electronics
- 31. Go to a park
- 32. Pet a furry creature
- 33. Examine an everyday object with Fresh Eyes
- 34. Drive somewhere NEW
- 35. Go to a Farmer's Market
- 36. read or watch something FUNNY
- 37. COLOR with Crayons
- 38. Make some MUSIC
- 39. Climb a Tree
- 40. Let go of something
- 41. Engage in small acts of KINDNESS
- 42. Do some gentle stretches
- 43. Paint on a surface other than paper
- 44. Write a quick poem
- 45. Read poetry
- 46. Put on some music and DANCE
- 47. Give Thanks

**2x** Move twice as slowly

**21** Meander around Town

**28** Create your own coffee break

**36** Go to a Farmer's Market

**47** Give Thanks

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