

School Worries Top Tips

Ask for Help

Asking a trusted adult, teacher or school counsellor for help can you help you to feel a lot better about your worries. You don't have to go through it alone!

Get Organised

A great way to calm our worries is to stay organised. Try using a diary, calendar or schedule for school.

Get More Sleep

Sleep is so important for the body. It helps to reduce stress and keeps us energised and healthy.

Keep Things Simple

Have a look at your schedule and see if there are any activities you can cut back on. You don't have to do everything!

Healthy Amount of Exercise

Moving our bodies releases our feel-good hormones, helping us to feel less stressed.

