

How to handle your nerves

Before school

- Seek assistance and support. Speak with your mother, father, or siblings.
- Be optimistic. Fill your mind with positivity and love, and it will always believe what you tell it!
- Look after yourself. (Take a pause before school, have breakfast, etc.)
- Concentrate on the positive aspects

At school

- Seek assistance and support. Talk to a teacher, a school councillor, friends, etc.
- Try to concentrate on your work
- share your issues and anxieties to your teacher(s) prior to your class
- take care of yourself - if you need a break, tell a trusted adult.

Try some breathing techniques, mindfulness exercises, and 54321 grounding activities (5 things u can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste)

