



School Seasonal Sadness

When in school term, sometimes people can feel sad and worried. This is because the school term is more stressful than school holidays.

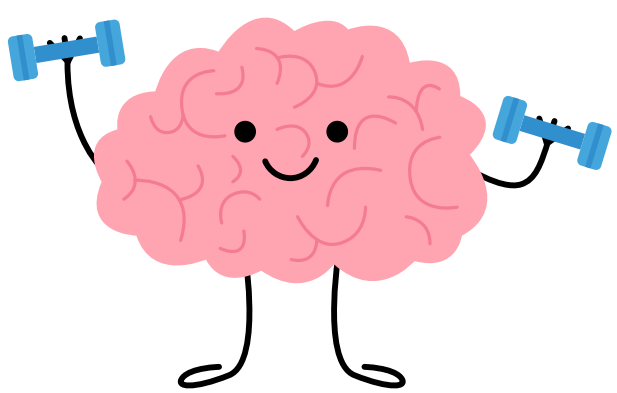


You might feel more worried or sad than usual, sleep longer and struggle to wake up, eat a lot more or a lot less, and feel more panicky than you usually do.

You might feel this way after Summer Holidays, Half Term or Christmas Holidays, and that is okay!



If you feel this way, it can be helpful to take actions on your feelings and habits. You can do this at different stages:



During Holidays/Half Term:

This can help you prevent worries and sadness from happening.



Before going back to school:

This can help you prepare for the stresses of school.



When you are back at school:

This can help you manage your feelings as soon as you start feeling worried or sad.

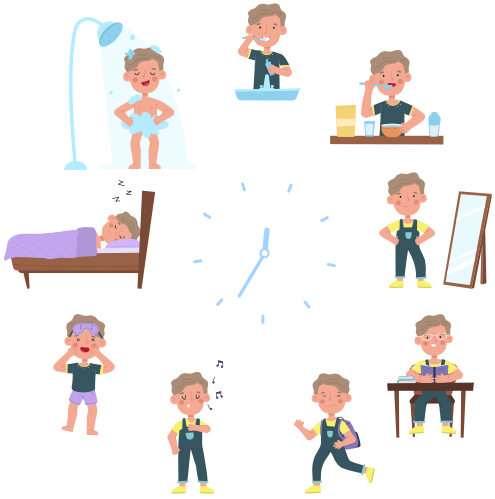
Break down your homework



Practice gratitude



Keep a routine



During Holidays/Half Term

List things you look forward to about school



Talk to a trusted adult about your feelings



Set goals for the school year ahead



Finalise your homework



Gradually go back to your school routine



Before going back to school

Make a self-care box



Keep a diary



Use coping strategies



Plan for relaxing activities and for things you enjoy doing



When you are back at school