

I'm worried, what can I do?



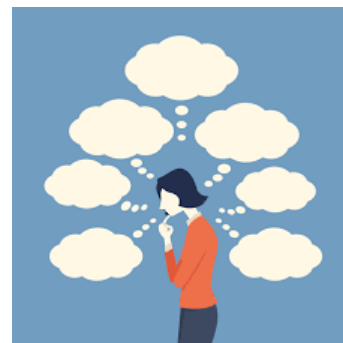
Worry is a normal emotion (feeling)
It's something that many people feel,
every day.

Worry can make us have tummy aches, headaches or make us feel tired and worn out. It can also make it difficult to focus or concentrate on things that we need to do or say.

It can make us feel unwell, upset, tearful, irritable and even angry.

If you think that you are feeling more worried than usual or than you used to, it might be because things are very intense at the moment. Change can make us feel worried from time to time.

Arrange a one-to-one phone call or Zoom meeting with a classmate and discuss your thoughts about coming back.



Worrying isn't always a bad thing, as long as we don't let it take over. In fact, sometimes worry can be a good thing because:

- It can make us want to find out more information to help us to understand things
- It can make us want to do more to help others (show empathy)
- It can help us to communicate with others more
- It can help us to feel stronger, as long as we don't overload ourselves with it

REMEMBER

If you think you have too much worry, or more worry than you can handle, tell a grown up, teacher or friend – they can help you to understand and deal with your worry.

TELL SOMEONE

Don't keep your worry inside – it might make you feel worse.

