Coming to terms with school changes linked to Covid-19

Making sense of it...

So, you've found out that school is closing and you won't be doing your exams this year, as you had expected.
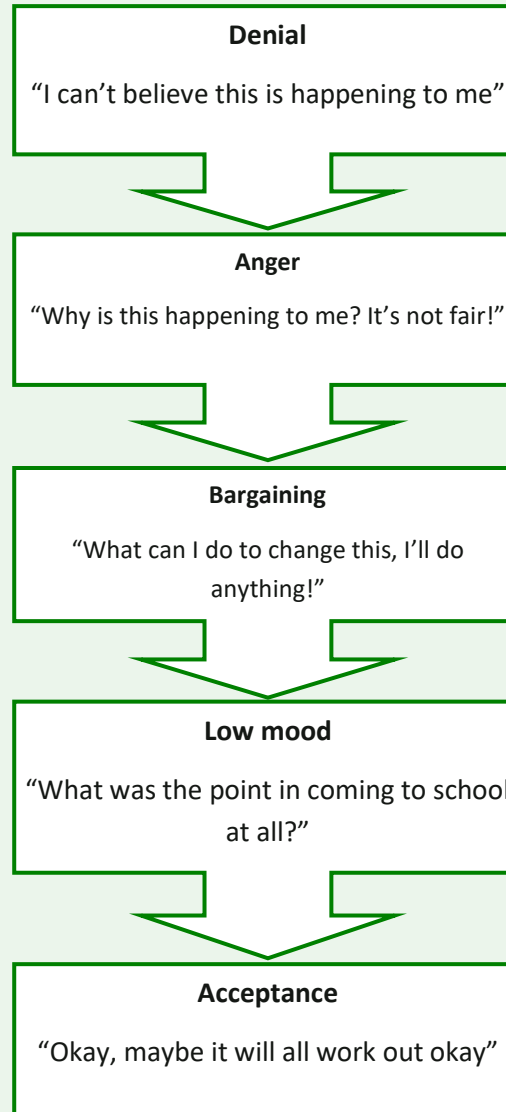
You might be feeling:

- **Sad** that you might not see your friends and teachers again;
- **Worried** about what this will mean for your qualifications;
- **Frustrated** because you have already worked so hard;
- **Confused** about what all this will mean for you.

Let us assure you, you are not alone in these feelings, and they are all perfectly **rational** and **normal** things to feel.

What you are experiencing is the loss of something that you were working towards. When humans experience loss, they typically react in a particular way. This is called **grief.**

Because humans are resilient, when difficult things happen, we often **grow** as individuals.

This resource draws upon ideas from Kubler-Ross (1969)

What might this grief look like for you?

Denial

"I can't believe this is happening to me"

Anger

"Why is this happening to me? It's not fair!"

Bargaining

"What can I do to change this, I'll do anything!"

Low mood

"What was the point in coming to school at all?"
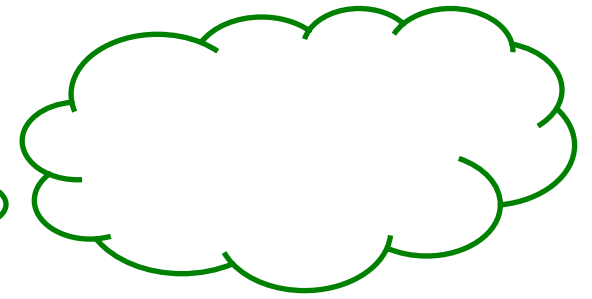
Acceptance

"Okay, maybe it will all work out okay"

TIME TO REFLECT

1) What has been the best experience you have had at school?

2) Think of three things you have learned you are good at.

3) What has been your biggest achievement?

What can you do next?

1. Talk to an adult that you trust about how you are feeling. You could use the diagram on this page to help you do this.

2. Keep in touch with your friends! Share telephone numbers and social media contact information. Keep talking!

3. Look after your mental wellbeing: Exercise regularly e.g. walk/jog; practice mindfulness; listen to music; do some arty activities!

4. Try to keep a routine for your day :)

Vision Board

In the future I want to be (job/college/university/family/house)....

To get there I'm going to need...

Things I am already good at that will help me achieve this...

Think about the people who love you. How can they help?

Some helpful apps/websites for finding out information and seeking support:

Headspace (App for mindfulness)

www.kooth.com

www.nopanic.org

www.themix.org/get-support/speak-to-our-team

www.mind.org.uk/information-support/helplines