



SUPPORTING THE HEALTH AND
WELLBEING OF THE ARMED
FORCES COMMUNITY AND
CIVILIAN FAMILIES IN
CORNWALL



'You Got This!' - Going Back to School

YOU GOT THIS!

A little positivity goes a long way, so try to be an **'ambassador of optimism'** for others when they are feeling anxious or overwhelmed. I'm going to highlight a few things you're **'already awesome at'** that will help you to **'NAIL going back to school!'**

BE ADAPTABLE

As part of a military family you've probably dealt with plans changing on a regular basis and having to be flexible when organising birthdays, trips or any other activities. School is going to be the same, they're having to make lots of last-minute decisions that affect hundreds of children & teaching staff. If you're used to **'going with the flow'** you'll be able to make the best of any situation without feeling majorly unsettled or anxious.

KEEP TO A ROUTINE

Getting some structure back into your day can help focus your brain and be less energy-draining than having to think of all the different ways to pass the time during lockdown. It can be scary to think you'll be out of practise when it comes to whole days of schoolwork but having some routine is better for your mental health.

BE STRONG

On trickier days, remind yourself of times you had to be brave and had to step outside your comfort zone. Remember how nervous you were but then how good you felt after doing that thing you never thought you could? Self-belief and confidence are created by pushing beyond what you **'THINK you can do'** until it's been tried enough times and you **'BELIEVE you can do it'**. Being able to move to a new house, starting at a new school and making new friends are all signs you have strength of character.

BE RESILIENT

It's ok to feel disappointed about stuff, though try not to take it personally otherwise it'll drag you down. Things are uncertain for everyone and it is going to be weird getting used to this **'new normal'** that people are talking about. None of what's happening in the world is a result of who you are so don't take on the burden of all the big worries around us. Focus on doing the next right thing for yourself, your school and your family, that's all you can ask of yourself. Being able to **'bounce back'** from setbacks is resilience and it is a useful life skill to have.

DO TALK

You are not alone in any of this and your school will be keen to listen to all pupils to make sure they're doing everything they can to look after them. All of you will have had slightly different experiences this year (good & bad) so get to know what it's been like at home for the rest of your family and for your friends too.

TAKE ONE DAY AT A TIME

#truthbomb – nobody knows 100% what's going to happen next week, next month, or next term. We're all just winging it and dealing with one day at a time. Manage your expectations and try not to overthink things, make the most of today and enjoy it!



<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>

(Surf Action Therapist and Royal Navy Parent Victoria Culshaw: August 2020)



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