

## Normalising worries and anxieties

You are preparing for hugely important events in your lives: moving to your next stage; taking exams; leaving school; starting work or university or college. These transitions involve complex social arrangements and processing loss as you prepare for new beginnings. This is absolutely normal for you to feel worried or anxious when activities and supportive relationships end during times of change and uncertainty.

If you have been feeling under the weather or out-of-sorts recently and cannot put your finger on why, it may well be because of your feelings of loss and change. This is absolutely fine, especially in these extraordinary times.



### What can I do?

It is important that you:

- Talk about how you feel. This might be to a parent or carer, or maybe to a friend, but saying how you feel out loud will really help in dealing with the feelings of loss that everybody deals with in times of change.
- Recognise that this is a normal part of life that everyone goes through – ask someone older than you how they dealt with it.
- Remember the good times you had at Noel-Baker and the memories you will take with you. Some of you may decide to do this through a year book or autograph book, some of you may decide to create something virtually, or simply keep them in your head.

Here are some links you or other people at home might find useful:

- [Eight ways to support your anxious child during the coronavirus pandemic](#)
- [Coronavirus: Exams are cancelled – how will I get my grades?](#)
- [How to keep positive](#)
- [Listening and Sharing: Tips for parents on discussing issues with children](#)

