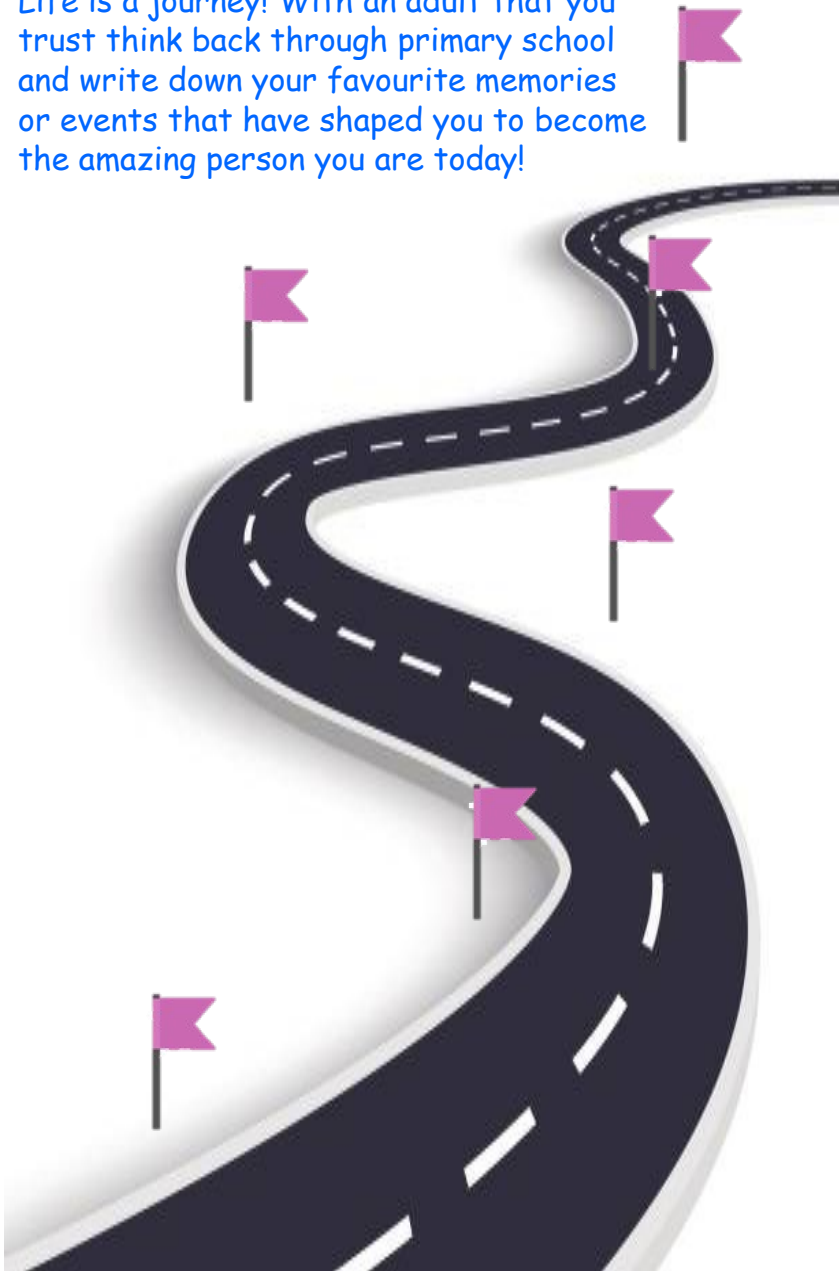


MY JOURNEY SO FAR

Life is a journey! With an adult that you trust think back through primary school and write down your favourite memories or events that have shaped you to become the amazing person you are today!



A Little Guide to Managing a Big Change!



East Lancashire Hospitals
NHS Trust
A University Teaching Trust

Hello, from your EMHPs.

That's right, we are EMHPs. Please don't get us confused with Imps, although some of us are short we don't have magical powers!

EMHPs stands for Education Mental Health Practitioners. That is a long title so that's why we call ourselves EMHPs.

We've heard you're going to Secondary in September! We understand that might be making you feel lots of different emotions like excitement and happiness. However, it might also be making you feel worried, anxious and sad and that is totally normal.

Now I know we said we don't have magical powers so instead we have created this guide full of activities that you can complete in the hope it will help you manage some of your thoughts and feelings that you might be having about moving up to High School. We also hope that you can use this guide when other changes are happening in your life to help you cope with them too!

How To Use The Guide:

Read through the guide by yourself or with an adult (if this is best for you) and pick the bits which match what is going on for you. Take your time when doing one of the activities, it might take a week or so for you to get the hang of it. If you get stuck, then ask for help - sometimes things don't make sense and we need someone else to help us figure things out and that's okay.

We hope you find this guide useful and it helps you to settle in to your new school.

Remember, moving on up to High School and dealing with change can be tough but it can also be really exciting and filled with lots of new opportunities.

Our EMHPs may also be at your new school so you might see us around!



Other people, places and apps that you can access for support.

Find out who you can speak to at your new school

Head of year _____

Form Tutor _____

Pastoral _____

Prefects _____

School EMHP _____

Apps



Other people _____

Doctor _____

NSPCC 0808 800 5000

Young Minds 0808 802 5544

CHILDLINE 0800 1111

Top Tips for Secondary School!

Be enthusiastic!

Teachers don't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.

Be organised!

Make sure you have the right books and equipment with you for each lesson.

Be resilient!

Sometimes things won't go your way - they will be difficult or unfair or embarrassing. This is normal and happens to everyone, so don't worry. Just say to yourself, 'tomorrow's another day'...

Be brave!

It might seem hard to make new friends, but everyone is feeling the same way. Say hello!

Be honest!

If you do something wrong or forget something, it's much better to own up straight away.

Be prepared!

Look at your timetable and make sure you know where to go and when.

Be kind!

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.

Be yourself!

Believe in yourself!
You can do it!

Coping with Change

You will have lots of different feelings about starting secondary school. Some things might make you feel excited, whilst others might make you feel sad or worried.

Some things that young people might feel sad or worried about:

Missing friends or making new ones



New teachers



Worried about getting lost or missing the bus



What am I feeling sad or worried about?

What is Anxiety?

All of us may experience anxiety about lots of different things throughout our lives. Anxiety can be different for everyone. But what exactly do we mean by the word 'anxiety'...?

Anxiety is what happens when our bodies sense that we are under threat. It can affect...

How we think (our thoughts)



How our bodies feel (sensations in your stomach, chest, arms and legs)



The things that we do (such as avoiding situations, seeking reassurance from others, or even being argumentative and aggressive)



You may find that anxiety can get in the way of you doing the things you want to do like going to school, spending time with friends and doing hobbies and activities. There are lots of reasons why you may feel anxious.

Can you think of any examples?

Moving to your new school

List 4 things you are most excited about moving to your new school.

- 1.
- 2.
- 3.
- 4.



List 4 things you are a little worried/nervous about the move to your new school.

- 1.
- 2.
- 3.
- 4.



List 4 things you would like to know about your new school .

- 1.
- 2.
- 3.
- 4.



List 4 things that you think will help you when moving to your new School.

- 1.
- 2.
- 3.
- 4.



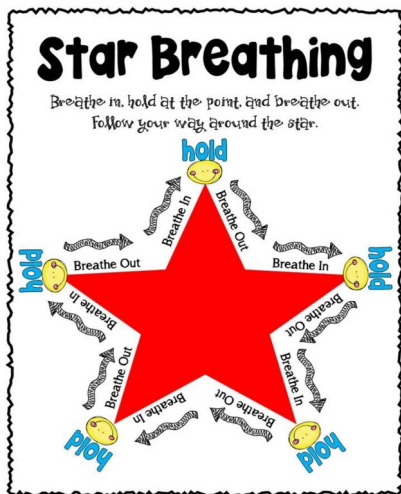
List 4 differences between your primary school and the new school.

- 1.
- 2.
- 3.
- 4.



Reducing stress

Doing a breathing exercise or a grounding technique can be really useful in helping you relax and compose yourself. Below are a few different exercises you can do if you start to feel worried and panicky.



What is Worry?

Worry is a thought that upsets you and can get in the way of you doing the things you want to be able to do, like spending time with friends and doing activities. Some people describe worry as 'anxiety' - this is a word you may have heard your teachers, doctors or parents use.

Sometimes change in our lives such as moving to a new house or starting a new school can cause us to worry. This is because it is different and we are unsure about how it is going to be.

Once you learn a little more about worries, you will be ready to start working on making your worries shrink. It is not possible to get them to go away fully as we all have some worries some of the time.

On a Scale of 1 - 10 rate how worried you feel about starting high school at the moment. 10 is the most worried you feel.



Have you been any higher or lower than this number?

Where would you like the number to be?

Some general worries and worries about starting a high school can look like this:-
Try adding some of your own!



My Worry Time



- Try and have worry time at the same time each day.
- Have one to one worry time with someone you feel comfortable speaking to.
- Discuss your worries from your worry box/jar. If they are still a worry, make an action plan to deal with the worry, if not then bin it!
- Worry time should be a nice quiet time when you are



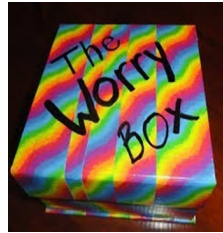
Write who you will have worry time with.
Write what time your worry time will be.

Worry Box



Everybody has some worries, whether they admit to them or not. Someone could be worried about a maths test that they haven't studied for or if their team will win at football. It is totally normal to have worries about going to a new school.

Creating a Worry box/jar and setting a worry time limit is one thing you can do to help you manage your worries and not spend all day thinking about them.



Find any old bit of rubbish from the recycling (but make sure it's clean) this could be a cereal box, jam jar or yoghurt pot and get creative. It's your worry box /jar so you can decorate it however you want.



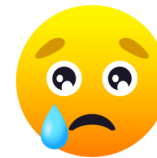
By putting your worries away, it can help to get rid of them so that we can get on with life. Think of a good place where the box of worries can be kept so that you can put worries in the box when you need to.

When we feel worried we may do things to get rid of the thoughts and feelings, like...



When I feel worried, other people might notice I look or act...

Sad



Frustrated



Angry



Secretive



Quiet



Upset



Everyone has worries at different times in their lives and most people worry every day, we call these Type 1 worries. The Worry Tree can help us to deal with our worries so we can get on and enjoy the rest of our day without our worries getting in the way.



Understanding the Worry Tree

The Worry Tree helps us deal with Type 1 worries which are the worrying thoughts that seem to happen all the time.

Type 1 worries can be separated into two further categories:

- Hypothetical situations
- Current problems

Hypothetical situations are those "what if...?" thoughts about some terrible event that might happen.
"What if an Imp comes and takes my dinner money?"

These kind of worries then cause us a lot of anxiety, when there is perhaps little or nothing we can do about that situation, and we are over-estimating the odds of these things happening.

Current problems are those worries that relate to a real situation, that we can do something about. In which case, we can decide what to do, when and how - which will be much more helpful than just continually worrying



Problem solving ideas

- People that could help me: Family, Friends & Form Tutor.
- Ask questions and talk to people.
- Go to the school Pastoral office for help.