

Coping with



BACK TO SCHOOL

Anxiety

A guide for students, parents, and educators

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01 Students: Strategies for a Smooth Transition

- **Positive Visualization:** Take some time to visualize positive outcomes and experiences. Imagine yourself succeeding in academics, making new friends, and engaging in activities you enjoy. This positive visualization can help reduce anxiety and boost confidence.
- **Talk About Your Feelings:** Don't hesitate to discuss your fears and concerns with your parents, teachers, or friends. Sometimes, sharing your feelings can provide comfort and reassurance, and others may offer valuable advice.
- **Time Management and Organization:** Plan ahead by organizing your school supplies, creating a study schedule, and setting academic goals. A well-structured routine can help alleviate anxiety and create a sense of control over the upcoming challenges.
- **Practice Deep Breathing and Relaxation Techniques:** When you feel overwhelmed, practice deep breathing or mindfulness exercises to calm your nerves and regain focus.
- **Focus on the Positives:** Instead of dwelling on potential negatives, focus on the positive aspects of the new school year. Look forward to reuniting with old friends, meeting new ones, and exploring exciting subjects.
- **Establish Realistic Expectations:** Understand that perfection is not attainable, and it's okay to make mistakes. Set realistic expectations for yourself, both academically and socially, and remember that growth comes from learning and overcoming challenges.
- **Join Clubs or Extracurricular Activities:** Getting involved in clubs or extracurricular activities can help you meet like-minded peers, make friends, and develop new skills, all of which can alleviate anxiety.
- **Seek Help When Needed:** If your anxiety becomes overwhelming and interferes with your daily life, don't hesitate to seek support from a school counselor or mental health professional. Remember, asking for help is a sign of strength, not weakness.
- **Engage in Creative Outlets:** Expressing yourself through creative outlets, such as writing, drawing, or playing a musical instrument, can serve as a therapeutic way to cope with anxiety.
- **Limit Social Media Use:** Social media can sometimes exacerbate anxiety by fostering comparisons and unrealistic expectations. Set limits on your social media usage to reduce anxiety triggers.
- **Create a Support System:** Surround yourself with friends and family who are supportive and understanding. Having a reliable support system can make a significant difference in managing anxiety.

02 Parents: Supporting Your Child Through Anxiety

- **Open Communication:** Encourage your child to talk openly about their concerns and feelings. Let them know that it's normal to feel anxious before starting a new school year. Assure them that many others, including their peers, experience similar emotions.
- **Create a Consistent Routine:** Establish a consistent daily routine to help your child feel more secure and in control. A structured schedule can provide a sense of stability during times of change.
- **Acknowledge Achievements:** Celebrate your child's accomplishments, big or small. Recognizing their efforts and progress can boost their confidence and lessen anxiety.
- **Encourage Social Interaction:** Help your child build social skills by encouraging them to join a club or activity. If they are younger, arrange playdates or get-togethers with classmates or other children in the neighborhood.
- **Avoid Over-Scheduling:** While extracurricular activities can be beneficial, be cautious not to over-schedule your child. Ensure they have enough downtime to relax and recharge.
- **Model Positive Coping:** Demonstrate healthy ways of coping with stress and anxiety. Children often learn by example.
- **Educate Yourself:** Familiarize yourself with the signs of anxiety and how it may manifest in children. Being informed can help you offer better support.
- **Promote a Healthy Lifestyle:** Ensure your child gets enough sleep, eats nutritious meals, and engages in regular physical activity. A healthy lifestyle can positively impact mental well-being.
- **Be Patient and Empathetic:** Understand that your child's anxiety may not disappear overnight. Be patient and empathetic as they navigate their emotions.



03 Educators: Nurturing a Supportive Learning Environment

- **Be Approachable:** Create an open and welcoming atmosphere in your classroom. Be approachable and encourage students to come to you with any concerns they might have.
- **Address Anxiety Directly:** Discuss the topic of back-to-school anxiety with your students as a class. Normalizing the experience can help students feel more at ease.
- **Incorporate Relaxation Techniques:** Integrate short relaxation exercises or mindfulness activities into your classroom routine to help students manage stress and anxiety.
- **Promote a Growth Mindset:** Encourage students to view challenges as opportunities for growth and learning. Praise their efforts and perseverance rather than just focusing on outcomes.
- **Create a Safe Space:** Foster an emotionally safe classroom environment where students feel comfortable expressing themselves without judgment.
- **Offer Support Services:** Make students aware of available support services, such as counseling or tutoring, and encourage them to seek help when needed.
- **Collaborate with Parents:** Maintain open lines of communication with parents to understand individual student needs better. Working together can provide a comprehensive support system. If that becomes difficult, we got you covered! See this >> [READ MORE](#)
- **Encourage Peer Support:** Facilitate peer support programs or group activities that promote teamwork and camaraderie among students.
- **Provide Opportunities for Expression:** Encourage students to express themselves through creative assignments, discussions, or presentations.
- **Offer Flexibility:** Recognize that each student copes with anxiety differently and be flexible in your approach to accommodate their needs.

All the best to everyone this school year!!

From The Healing Team :-)



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