

# Managing Transition Worries

It is normal to feel a bit worried about starting a new school year. Transitions can cause you to feel anxious or worried about what new things to expect, and this might impact your mood, sleep or appetite. If you recognise that your worries about starting a new year are taking over your life, try our tips below:

Getting your school bag ready on an evening, knowing your new timetable and completing homework as soon as it is set can help to prevent you feeling overwhelmed and burnout.

Writing down your worries instead of dwelling on them can help you feel more in control. If you have any problems, list everything you can think of to solve it and try the best solution.

Make  
new  
friends

Get  
organised

Write your  
worries  
down

Managing  
Transition  
Worries

Sleep &  
Self-Care

Seek  
support

Make sure you get into a good sleep routine - going to bed at the same time and waking up at the same time each day can help you to feel well rested and ready to learn.

Talking about your worries can help you see things from a different perspective. Speak to your pastoral lead or a trusted adult for help and support if you are struggling.

For further tips and support, visit:

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>