

Hello, I'm Miss Carroll and I come into Bishop Ullathorne to help pupils. Here's some advice to help you if you become worried while at school.

### Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions, especially when we become worried about a situation.



The key is to go slow. Practice for 3 to 5 minutes.

### Support Network

Start to develop a network of support. Identify individuals that you could go to and talk to if you are worried about anything. Your network could include: your form tutor, subject teacher you like, staff from the Hut, friends from your previous school or friends that you have made since starting Bishop Ullathorne.

### Ask for help

Always ask for help from your teacher if you do not understand the work or if you are worried about completing the work. Remember they are there to help!

### Positive Thoughts

When you have BIG feelings, your mind thinks BIG negative thoughts and this can make you feel worse! If your brain is thinking BIG negative thoughts try to say a positive thought to yourself instead. For example:

If I make a mistake everyone will laugh  
to...

It's ok to make a mistake, everyone makes mistakes.

If you have tried all of these things and you still feel worried about school, talk to Mrs Salter in the Hut and she can arrange some time for you to talk to me when I come into school on Thursday mornings.

