

BE PROACTIVE

When you're packing a bag for school, you generally think about the different things you're likely to need during the day like lunch, pens, text books, your phone, kit for sports, etc.

If you know that you might feel anxious when you study, make a list of things that you know will help and have it close to hand. This will help you to deal with anxious feelings before they have a chance to escalate and disrupt your studies.

We've offered some suggestions below, but you know what works best and most effectively for you.

Find some fidget toys.

Google calming breathing exercises and write some down.

Download a short anxiety meditation podcast ready to play when you need it.

Make sure you've eaten, you're warm and comfortable before you start.

Write down a list of exercises to do to get rid of excess energy.

Find the plush toy you loved from when you were little to hold.