



COVID-19 Anxiety Action



Is distance learning worrying you in one or more ways? This is usually because this unusual set of circumstances means you do not feel in control of what is happening.

ACTION KILLS FEAR AND GIVES YOU CONTROL

Taking no serious action about the challenges that face us means the dark cloud of anxiety in our mind will only get bigger.

You will be surprised how much better you feel once you have started doing something productive.

- Establish routines. Use a diary every day to review progress, plan ahead and to let you see exactly where you are with your various academic subjects at any point in time.
- Plan each day and identify when your work and down times are going to be.
- Enter all your upcoming deadlines in your diary.
- Work out how much time you need to spend to meet these deadlines. Which tasks in which subjects are more difficult? Which tasks will you really enjoy? Make sure you are working on both.
- All your teachers will be issuing instructions for their subjects. READ THEM CAREFULLY SEVERAL TIMES and make notes about things you need to clarify. THEN, if you still need help, contact your teacher.
- Every teacher wants you to have the support you need in this situation which is new to all of us. Some of you will have very different situations from others. We are trying to ensure you are able to keep your studies on track without them becoming so onerous you switch off. However, you have a duty to make this new partnership work by doing your best to follow instructions carefully. This is very good training for life where you will have to work some things out for yourself.

Above all, be kind to those who are in your bubble and those who are trying to help you in any way. Together, we will get through this!!