



SpeakUp!

Anxiety of Back to School

At the start of the session, those who attended reported feeling anxious, concerned, overwhelmed, and interested at the start of the session. At the end, they felt a sense of community, hopeful, grateful, and optimistic.

- Remember, self-care is extremely important. You cannot be supportive to others if you are not taking care of yourself first.
- When feeling overwhelmed with schedules and routines, don't be afraid to take a step back and review. See what can be eliminated and how you can manage your schedule more effectively for you and your family.
 - Ask yourself and your child(ren), is the sport or activity they are involved in a stress producer or a stress reducer? Is it the same for your child(ren) as it is for the rest of the family?
 - If it is a stress producer, how can we push it closer to being a stress reducer?
 - Don't be afraid to "re-route" or stop an activity for now. You can always add it back when you feel more in control of your routine.
 - Often, we think there is only one route to get to where we want to be, but in reality, there are many routes to get to the same goal.
- School adults knew there would be learning loss over the pandemic, but they are noticing social loss as well. Administration and staff are working hard to be present in the classroom and reinforce expectations, rules and standards with their students.
- There are healthy amounts of stress and stressors in life. It is good for your child(ren) to learn how to navigate through them. Stay in communication with your child on how much they can handle as everyone can handle different amounts.
- If your child(ren) come to you with stressors you know they can handle, think 'comforting' not 'counseling'. Encourage them through the stressor while empowering them to tackle it.

As mentioned in our discussion, we recognize that we are all at a different place in our journey. Below are some resources we can use to continue our journey in this process:

- [Click Here](#) to be directed to The Center for Disease Control and Prevention's list of self-care tips and information.
- [Click Here](#) to be directed to The Children's Hospital of California's document on *"How to teach children resilience throughout COVID-19"*
- [Click Here](#) to be directed to The Center for Disease Control and Prevention's article, "COVID-19 Parental Resource Kit"
- [Click Here](#) for The Conversation's article, *"Here's how to help your kids break out of their pandemic bubble and transition back to being with others"*
- [Click Here](#) for the Huff Post article, *"What Teenagers Need From Us More Than (Almost) Anything Else"*
- [Click Here](#) to watch a short video on the SpeakUp! Mindset, which is 7 key ideas to help create a safe, inclusive, and non-judgmental community of support.
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
Getting help is the answer. Call for confidential 24/7 support if you or someone you know is considering suicide. You can call if you are feeling hopeless or if you are worried about a loved one; and they can guide you on how to get help. You are not alone.

If anyone has any additional questions or needs help connecting to resources, please email Erica Talley at etalley@speakup.org

Be well,

Martie Bernicker & The SpeakUp! Team
www.speakup.org
610-519-9600

Donate Today

