

Children's Mental Health Week 2022



Branching out- Preparing for transitions.

As we grow, we are faced with new challenges, preparing for, and moving on from college can be a big life change and it may mean you are stepping out of your comfort zone. Starting a new course or a new job can be daunting, and it is normal to feel nervous or unsure about the future. Here are our tips on how you can use the support of others and support your friends to grow.

Share your worries- It is normal to have doubts and concerns when you are making big decisions about your future. Talking to friends/family or a course tutor can help you feel less alone. They may be going through something similar or be able to help guide you.



Plan ahead- Preparing for end of year exams can feel overwhelming and you might find that you become anxious or worried about getting the result you want. Try to not let the stress take over your life! Split your revision into manageable chunks and then reward yourself when you complete it. Planning something you enjoy like a cinema trip or a meal out can keep you motivated. Remind others to take a break and encourage them to join you too!

Stay in touch with friends and make new

ones- Making new friends is easier for some people than others, be approachable and join clubs or societies that interest you. Social networks can be a good way to get to know people before your course starts. Remember to say 'hi' if you see someone sitting on their own and check in on friends who are going through a difficult time.



Remember to keep it in perspective- life is unpredictable, if you don't get the results, you want or you decide to change direction then that's OK!

Seek support if you need help with your mental wellbeing.