

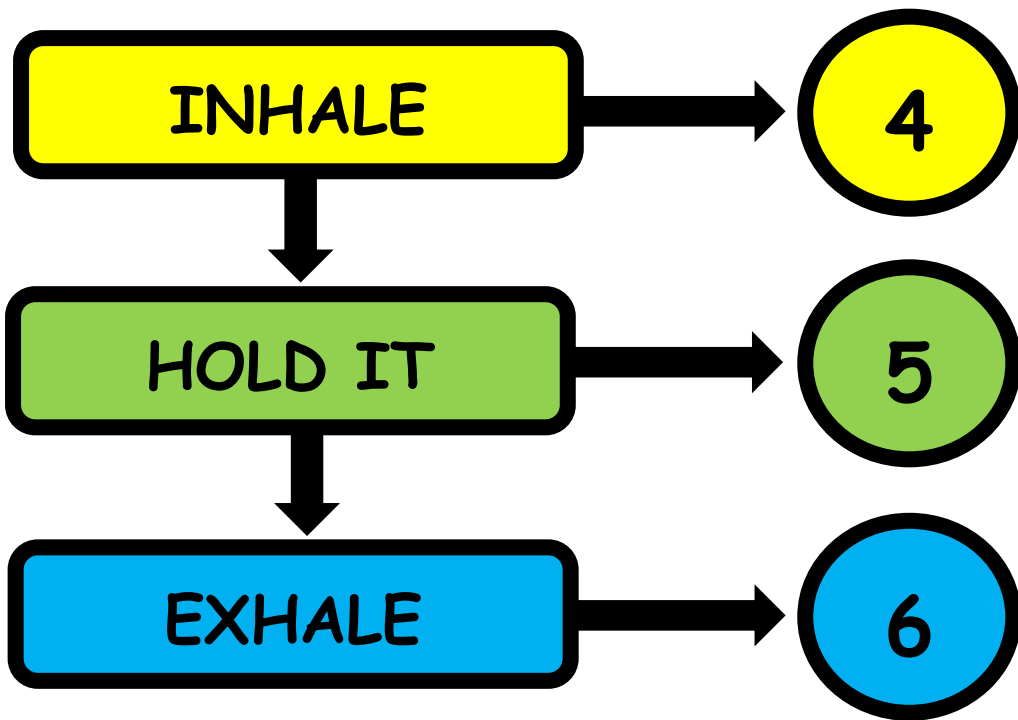
## TOP TIPS!

When it feels like the world around you is out of control it can make you feel very 'wobbly'. These are our top tips about what **YOU** can do for yourself that may help.

We all need to try and focus on the stuff that we have some control over and anything else we need to just let go...

<u>THINGS I CAN CONTROL</u>	<u>THINGS I CAN'T CONTROL</u> (I need to let go of these)
<ul style="list-style-type: none"> <li>• What I spend my time doing when I'm not at school</li> <li>• Finding ways to keep myself occupied</li> <li>• What I watch on social media</li> <li>• Turning off the news</li> <li>• Staying Positive</li> <li>• Concentrating on today</li> </ul>	<ul style="list-style-type: none"> <li>• When schools are going to re-open</li> <li>• What grades I'm going to be given</li> <li>• What other people post on social media</li> <li>• Predicting what is going to happen</li> <li>• How my family are coping</li> </ul>

## Breathing Techniques can really help!



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