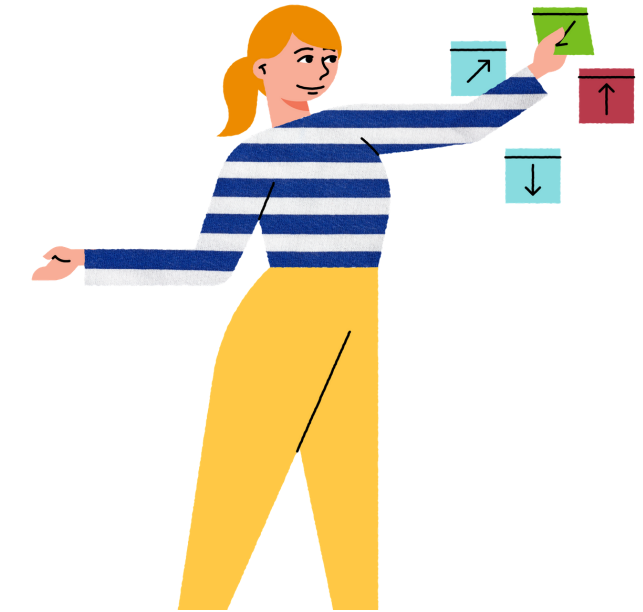


How to help yourself to adjust back to a normal routine

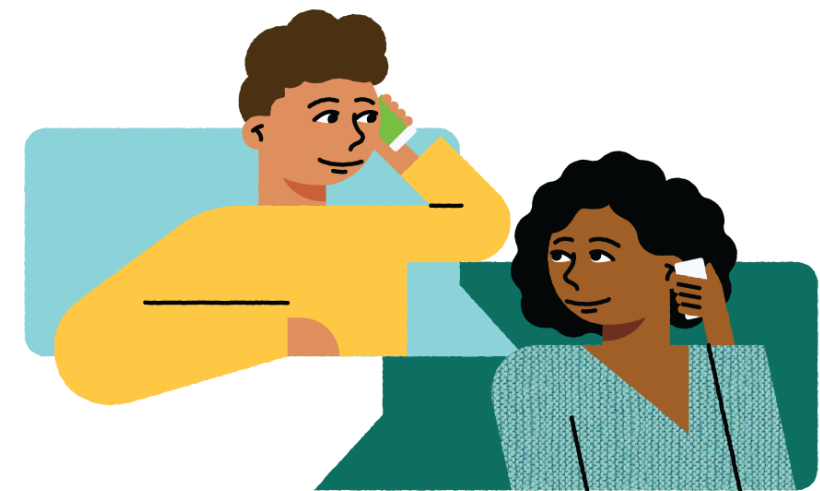


Don't set your expectations too high. Everything you achieve is worth celebrating.



Remember to allow time and energy for some self-care. Eat well, get enough sleep, stay active every day..

Try to think about the things you like best about learning at school and focus on those things.



Make time to connect with your friends and peers.

Give yourself time. It's normal to feel anxious, awkward and unsure.



If you are struggling you can speak with your friends, your family or your teachers about how things are for you.