



Managing Back to School Emotions

Back to school is an incredible time for students, staff and parents too! Many of us will experience a variety of emotions and thoughts: excitement, worry, and wonders.

All feelings are wonderfully normal and encouraged. I often ask students 'Is it possible your worries could be excitement?' to which many respond "Yes, I am excited!" Some might be feeling overwhelmed with worries, especially around the unknowns.

One strategy is to put a 'pause' on worries. In addition, Anxiety Canada has published steps for children to cope with anxiety.

[Coping with Back to School Anxiety](#)

Our adolescent learners may be experiencing similar challenges, with some adjustments to strategies to value their age and their brain under construction.

[Managing school-related anxiety - McMaster Children's Hospital.](#)

Please feel free to reach out for additional resources and/or strategies.

Grateful to be your Lakeshore Student Services Lead,
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