

TALK TO SOMEONE WHO WILL
REALLY LISTEN TO WHAT YOU
HAVE TO SAY

PLAN TO BE EARLY

DON'T EXPECT YOURSELF TO
BE ANXIOUS - TELL YOURSELF
THAT YOU WILL BE FINE

GIVE LOTS OF CHANCES TO
'STRUGGLE' BY LETTING CHILD DO
THINGS ON THEIR OWN

DON'T USE ANXIETY AS AN
EXCUSE TO GET OUT OF THINGS
THAT YOU ARE ABLE TO DO



DESIGNATE A 'SAFE' PERSON TO
TALK AT SCHOOL ABOUT WORRIES
AND ANXIETY - SCHOOL
COUNCILOR, TEACHER YOU LIKE OR
LIBRARIAN ARE POSSIBILITIES

ORGANIZE YOUR SCHOOL
MATERIALS, CLOTHES AND PLAN
YOUR MEAL THE NIGHT BEFORE

WALK AWAY FROM YOUR
SITUATION AND TAKE A 'MENTAL
VACATION' FOR A FEW MINUTES

DON'T LET OTHER'S FEARS
BECOME YOUR OWN

WORK TOGETHER AS A TEAM
(FAMILY MEMBERS,
TEACHERS, CHILD, FRIENDS
ETC...)

HAVE REASONABLE
EXPECTATIONS ABOUT
YOURSELF

CONCENTRATE ON PERSONAL
STRENGTHS

