

# Wellbeing Tip of the Week

## Managing anxiety about the summer holidays



Some of us might be a bit anxious about heading into the summer holidays. It might feel a bit like another lockdown; being away from school friends again, not having that same structure and routine, and possibly having summer plans cancelled due to Covid. When we're bored, we can start to overthink things and assume everyone else is having fun when we're not, which can increase our anxiety and cause our thoughts to spiral. Try to take control of these thoughts by questioning how true they are and try to combat your boredom by doing the following:

- Make plans with friends so you have something to look forward to
- Spend time with family doing family outings, meals together or games nights
- Volunteer or start a fundraising project that you're passionate about
- Try out a new hobby e.g. martial arts, gardening, baking, arts and crafts
- Get outside, go for walks, explore places you haven't been before