



amy

First day back at school nerves

"I'm not ready to go back to school yet. I have to go to rehabilitation for a while but I know I will have to go back to school at some point. I get really nervous whenever I think about that.

I know that everyone will be really nice at rehabilitation because they are all there to help me. School is different though, everyone at school is well and they don't have an ABI.

There is always so much going on at school. I've got my GCSEs to start thinking about, for a start. I'm worried I won't be able to be in the netball team anymore and I'm worried that my old friends won't remember who I am.

I used to talk a lot and people used to like hanging around with me because I made them laugh. I'm a lot quieter these days and I worry they won't want to be around me anymore.

By the time I get back to school, I'll have been away for several months. I would have missed so much schoolwork I won't understand what is going on. I used to be top of the class, now I worry I won't be able to do anything!

What happens if I feel tired or have a headache? At home I can go for a rest. What will I do at school?

I worry about so much I sometimes don't ever want to go back."

