



First day back at school nerves

"I remember feeling like Amy when I first went back to school. Everyone around me was really excited that I was going back, but I just felt really nervous and wanted to stay in rehabilitation.

Leaving rehabilitation was hard because all of my new friends were there. I had friends at school too, but I hadn't been to school for ages. I didn't think they would know who I was.

The first day I went back was a real surprise. I didn't have to go in for the whole day. The teachers said I could just go in for a few hours so that I didn't feel overwhelmed. That took a lot of pressure off as I didn't have to worry about concentrating for the whole day.

Amy is worried about finding the schoolwork hard and how she will cope with her GCSE's; I was too. It's not easy but you have to keep telling yourself that you are still adjusting. There is no point stressing yourself out with stuff you just can't do at the moment.

When you learn to accept what has happened to you, it makes you look at things differently and you learn not to put yourself under any pressure.

First day nerves won't go away until you've been back at school a while. You will still get nervous even when you have been back a few weeks. That is because we always worry about the worst things happening. This is a hard habit to break and you can end up worrying about all sorts of things that don't happen. By the time you get back to school, you've worried so much that your first day nerves come back, especially on Monday mornings!

If you have a good friend with you things can be easier though. Talk to your family and friends and they might be able to think of a way to help you with your first day nerves and stop you worrying so much."

