

## **ANXIETY AND UNDERSTANDING THIS SITUATION WE ARE IN**

### **What is anxiety?**

It's a feeling of worry, nervousness, or unease about something with an uncertain outcome. Something we feel we have no control of.

### **You are completely "normal" if you feel anxious right now!!**

If alarming headlines are making you feel anxious, believe me, you are not the only one. In fact, that's how you're supposed to feel. Not spending time with friends or in large groups, washing your hands and not touching your face. Those anxious feelings are helping to keep not only you safe, but others too. This is how we are supposed to take care of members of our community and think about the people around us.

While anxiety around COVID-19 is completely understandable, make sure that you are using "reliable sources" such as the popular news channels/ websites to get information, or to check any information you might be getting through "less reliable sources".

### **Remote learning, are you coping?**

This is a huge challenge for you, your parents, and your teachers. Remote learning sessions are never going to be the same as sitting in a classroom type of learning! We can only TRY our best. Attendance, punctuality, commitment are so very much important. Speaking up if you don't understand anything has never been more important than now. Please don't sit in silence. Reach out to friends, family or teachers. It's a daunting time for everyone. Whether its understanding class work, homework, where to get supplies for school, how to deal with technical issues, just speak up, there will always be someone to help.

A lot of you will be using social media throughout the days. PLEASE TAKE CARE!! Remember to be internet safe and if you witness a friend being bullied online, or if you know someone is having a difficult time at home, (it might even be you) please, reach out to them and try to offer support. Doing nothing, could leave the person feeling that everyone is against them, or that nobody cares. Your words can make a difference. Remember, **BIGS SAYS NO TO BULLYING!** And remember: now more than ever we need to be thoughtful about what we share or say that may hurt others.

### **It's OK to be sad**

Missing out on school, madrassah, family gatherings, and events with friends, functions, and hobbies is disappointing. The best way to deal with this disappointment is to let yourself feel it. Don't bottle it up; if you can let yourself be sad about something for a short while, you'll start to feel better faster. If there's anyone at home you can talk to, do so. Any friends you could call do it. You can always email or speak to Ms Waseem, Dr Zakia, or indeed any of your teachers. Remember that you are never alone. We at BIGS are here for you, but most importantly Allah (swt) is here for us all. Keep up with your salah, zikr, duah.

Stay Positive!!

Ms Waseem

Some useful information;

[Sadia.waseem@boltonislamicgirlesschool.org.uk](mailto:Sadia.waseem@boltonislamicgirlesschool.org.uk) your pastoral care lead at school.

<https://www.voicesofyouth.org/> See how other students around the world are coping with school closures.

ChildLine (0800 1111) <https://www.childline.org.uk/> A private and confidential service for you to talk about anything.

NSPCC (0808 800 5000) <https://www.nspcc.org.uk/> The National Society for the Prevention of Cruelty to Children.

[servicedesk@techenology.com](mailto:servicedesk@techenology.com) is our external company we use for all Microsoft teams issues.

