

Week 1 Responses

I feel useless at the moment. I feel as if I have 100 elephants sitting on top of me and I can't get up and no elephants are leaving but more are joining. I want to be my normal happy/bubbly self again but I don't know how. Please help.

Firstly, remember this is something that everyone feels sometimes, especially if you are stuck in a routine. Switching up what you do each day to make sure you aren't getting bored might help. You might also be overloading yourself; don't be scared to say no and do what you want from time to time.

It's also important to surround yourself with people that make you happy and encourage you to do your best. Being around cheerful people might help you reconnect with your happy side. Taking some time out of social media may also help you avoid comments and pressures from elsewhere; focus on things that you enjoy or try new things such as music or sports.

Make sure that you talk to people about your issues, whether that be friends, family, teachers or a counsellor; if you bottle up your emotions, little things can build up and affect your overall mood. You could even keep a diary to clearly see what you've done each day to help you figure out why you aren't as bubbly anymore.

Just remember you not alone everybody at some point feel this way, if this feeling gets worse don't be afraid to get help. I hope you feel happier soon.

Good Luck!

I get really distracted in lessons and I get told off a lot for talking. I don't know what to do. I feel as if my work is not my best because I can't concentrate. Can you help?

I would advise you to speak to your teachers and ask to move near the front or away from your friends. This will help you understand what the teacher is saying and it will help you concentrate more. It might be a good idea to take notes while the teacher is talking so you don't drift off and you can remain engaged in the lesson. If you can't concentrate because you don't understand what is being taught then ask the teacher to explain it to you again. Also, make sure you are getting enough sleep, not sleeping enough can make you easily distracted. Keep your head down and your work should see an improvement!