

# When you feel overwhelmed in school

Sometimes, school can feel like too much.  
The noise, the people, the smells, the bells sounding.

Sometimes, you might feel a bit overwhelmed.

Here are three simple ideas which may help you feel a bit more in control:

- 1 Use your breath to help slow your breathing down – and this will send a message to your brain that you have got this! Breathe in for the count of four – and hold for another four. Then breathe out to the count of six as if you're gently blowing through a straw.
- 2 If you are in a particularly busy place, taking small sips of water from your bottle can help calm your breathing too.
- 3 You can also run your index finger (the one you point with) up and around the fingers and thumb of your other hand. This feels slightly tickly, but it is very soothing and will just give you a moment to collect your thoughts.