

AUGUST SURVIVAL GUIDE



From the Surrey Summer Learning Counselling Team

GIVE YOURSELF A PAT ON THE BACK! YOU JUST COMPLETED A CHALLENGING SCHOOL YEAR AND A VERY INTENSE LEARNING EXPERIENCE IN THE SUMMER. YOU DESERVE SOME TIME NOW TO REST AND RELAX!

THINGS TO DO

- Need some ideas of things to do? Check out [Surrey Parks and Rec!](#)
- Looking to develop your leadership skills &/or volunteer in your community? Check out the [City of Surrey's Youth Resources!](#)

I'M FEELING ANXIOUS!

Sometimes slowing down feels uncomfortable after you are so used to being busy ... and this can bring on some feelings of anxiety. Know that this is perfectly normal.



<https://kidshelpline.com.au/teens/issues/why-am-i-anxious>

Here's what you can do to manage feelings of anxiety:



<https://positivelypresent.com/2018/04/anxiety.html>

- Check out these resources if you are feeling anxious and need some help. There is a difference between feelings of anxiety and an anxiety disorder... read about it [here](#).
- Check out the free [Mindshift app](#) from Anxiety Canada to learn ways to relax and be mindful and take charge of your anxiety!
- Visit Anxiety Canada's [website](#) to learn about how common anxiety in youth really is and what you can do about it. · Read about the differences between stress and anxiety [here](#).

FEEL LIKE YOU NEED TO TALK TO SOMEONE? YOU ARE NOT ALONE!

- You can text or call <https://kidshelpphone.ca/> to connect with a counsellor 24/7 and it's entirely confidential. Check out the website for other resources too.
- Did you know you can access virtual counselling services through the [Foundry BC app](#)? People aged 12-24 (and their caregivers) can use the app to access counselling and supports.
- Check out [Options Community Services](#) for a variety of supports and resources.

HOW TO PREPARE FOR SEPTEMBER

Please ensure that you do the following so that you are ready for September 7!

- Make sure you know your MyEd password so that you can login and see your schedule (varies per school, but usually available to view late August). If you don't know your password, check your school's website for reset instructions.
- Visit your school's website, Twitter and/or Instagram accounts for back to school updates.
- If your school has an app, make sure you download it for up-to-date information.
- We expect to get more information from the school district and Ministry of Education in late August. You can check your school's website for information and also be sure to follow Surrey Schools on [twitter!](#)

Questions? Reach out to your school counsellor!