



Hello Woodville,

Our Wellbeing Wednesday post this week is on the Green Zone in the Zones of Regulation, follow the link [here](#) to watch it. We talk about what it means to be in the Green Zone and how we can succeed and help others when we feel calm, relaxed, happy or proud.

Don't forget you can access our school Padlet to share work you're proud of, some fun lockdown ideas or show your appreciation for other members of our Woodville family. The Woodville Padlet link is [here](#).

With the welcome easing of restrictions in the next few weeks, it is natural to have feelings of both excitement and uncertainty at the moment.

The term '**Re-Entry Anxiety**' is one that I have been hearing a lot lately, not only from the students that I work with, but also from friends and colleagues too.

This is a normal and valid response to the change and uncertainty we have all had to face over recent months.

Many of us in lockdown have adjusted to our new routines and might not feel ready to see what the 'new normal' will look like, even though we may be really excited about the relaxing of restrictions at the same time.



Success for everyone, in everything, every day.

The following article has some great tips on dealing with Re-Entry Anxiety:
<https://thiswayup.org.au/have-you-got-re-entry-anxiety-here-are-some-tips-to-help-you/>

Some great suggestions are:

Acknowledge what you're feeling: It is possible to feel both excited and scared about the future, especially when we don't have absolute certainty about what will happen. This is totally normal and it's important not to judge yourself or feel embarrassed for feeling like this.

Ease yourself in: If you've been laying low for months, you don't necessarily need to suddenly go to crowded spaces, or create a busy social calendar. Start small – plan a get together with one or two people, in a quieter location and work your way up to attending bigger events as restrictions allow, and as you feel more comfortable.

Use assertive communication: It can help you to have open discussions with others about how you feel and what you are (and aren't) prepared to do at any given point in time. If you are invited to do something, and aren't ready for it right now yet might be open to considering it later, explain this and ask them to invite you again later down the track or let them know you will initiate when you're ready.

It is so important for us to be kind to ourselves as we enter back into our 'new normal', so that we can be a support to those in our lives who are finding re-entry difficult too.

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