

Managing the challenges of home learning



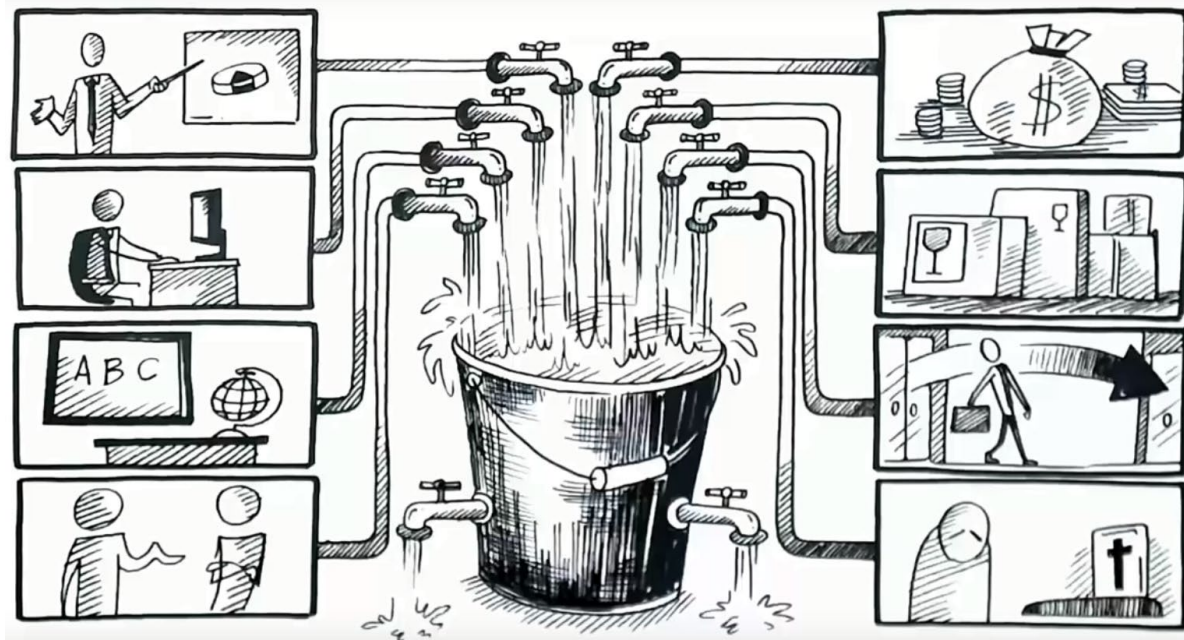
Working in a new way and making changes to routines can be a difficult and challenging experience.

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. **Stress** is a normal part of life. You can experience **stress** from your environment, your body, and your thoughts. Watch the following video and think about how this might apply to learning at home.

[What is stress?](#)

<https://www.youtube.com/watch?v=1KYC5SsJjx8>

What's in your bucket?



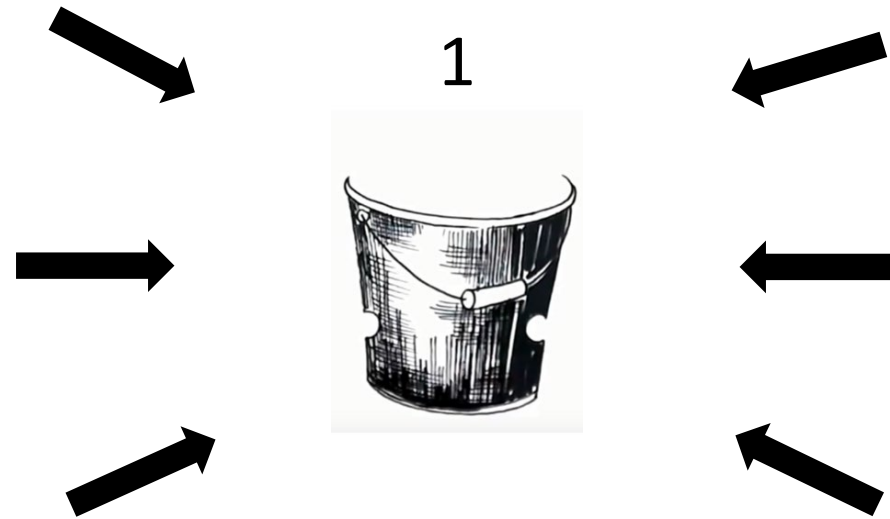
Think about the areas highlighted on the video,

- 1) What areas can you recognise that might cause **you** stress?
- 2) What strategies or support structures help you to 'empty your bucket'?

Name:

Date:

**What areas might you find challenging? What might cause you stress whilst studying at home?
What might 'fill your bucket'?**



Name:

Date:

What strategies, people, resources can help you to manage challenging situations? What would help you to 'Empty your bucket'?

2

