



Use these Physiotherapy techniques to help your return to school or college go as smoothly as possible.



Breakfast—Try to eat something before leaving for school. Being hungry will not allow you to concentrate fully on your school work. Try to ensure this is lower in sugar and if you can, include at least one of your 5 a day.



Walk to school It doesn't have to be all the way. Get dropped off a little earlier and add to the amount of activity you do in a day. If the weather is less good loosely cover your nose and mouth with a scarf to lessen the impact of the cold or damp air.



Lunch— Whether it's a packed lunch or school dinner ensure you get something to eat mid afternoon to maintain your energy levels. If you're making a packed lunch wake up a few minutes earlier so you don't feel rushed in the morning and forget things. Try to choose lower sugar options and include another portion of your 5 a day. Drink water throughout the day to make you feel full and ensure adequate hydration



P.E.—Is a great opportunity to have fun with your friends. If required take your inhaler prior to any activity you do. Take the appropriate kit including extra layers if required. Communicate with your class or activity leader if you start to feel unwell. If you start to feel breathless stop and take 10 slow breaths through your nose using your diaphragm. Being active is a fantastic way to improve your symptoms so get a little more activity at evening and weekends!

