

✿ Acceptance ✿

August 25, 2021

Going back to normal school can be an anxiety-ridden experience: waking up early, dealing with people 8 hours a day, learning to manage time again... It's difficult to cope with the stress that comes with a fresh school year. After a relaxing summer break, everything feels overwhelming and exhausting. Just remember, this feeling won't last forever. Every day, week, and school year will eventually come to an end. Things will improve. Until then, here are a few effective and easy tips to help you adapt.

✿ Tips for Dealing with Back to School Stress ✿

→ Create good sleeping habits

- ◆ Sleep is *very* important. It's beneficial to create a sleeping schedule. Establish a reasonable time to go to sleep and create realistic before-bed habits. Examples: no technology after 9, take a shower or bath, listen to relaxing music or podcasts, or read a chapter of a book.

→ Balance your life

- ◆ Set a schedule for yourself and *stick to it!* Write down the time you usually get home and start from there. Give yourself allotted times for homework, studying, eating, exercising, etc., to ensure you get everything done and make the most of your day. [Here are more ideas to help you schedule yourself.](#)

→ Keep things organized

- ◆ Get a planner! You can avoid future stress by writing down test dates, practice times for sports, to-do lists, and noting when certain assignments are due.

→ Make time for yourself

- ◆ Preferably after you get your work complete, relax. Find a new hobby, go for a walk, watch TV, or hang out with your friends. Incorporate personal time into your schedule!

→ Have realistic standards

- ◆ Your friends, your teachers, and even you cannot do everything perfectly, and that's okay. Do not be too hard on yourself about your grades, appearance, or mistakes. This can cause unnecessary stress and even deplete your confidence.

Jeremiah 29:11 - *"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."*

If you're having trouble finding something to do while relaxing, here's an easy chocolate chip cookie recipe you can do, provided by [Betty Crocker](#). *Note: Get permission from a parent or guardian to make these. Be safe around hot objects and don't eat raw cookie dough.*

Ingredients:

- ☐ 1 ¼ cups all-purpose flour
- ☐ ½ teaspoon baking soda
- ☐ ¼ teaspoon salt
- ☐ ½ cup butter, softened
- ☐ ¼ cup granulated sugar
- ☐ ¼ cup packed brown sugar
- ☐ 1 egg
- ☐ ½ teaspoon vanilla
- ☐ 1 cups semisweet chocolate chips

Instructions:

1. Heat oven to 375°F. In a small bowl, mix flour, baking soda, and salt; set aside.
2. In a large bowl, beat softened butter and sugars with an electric mixer on medium speed, or mix with a spoon for about 1 minute or until fluffy, scraping the side of the bowl occasionally.
3. Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips
4. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
5. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool for 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store covered in an airtight container.



Psalm 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."