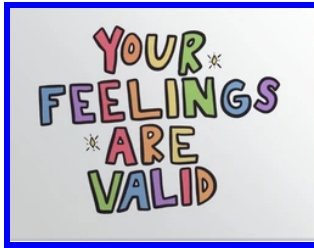


Stress is something that all people feel. It's okay.



-But it's important to do things to help our bodies and minds feel content again.

-You have the *power* to help control your body and mind. **You can make choices to help yourself feel content.**

# Strategies for School Stress

## Management

These are the choices that are based on preparing yourself to be an organized and thoughtful learner.

To help yourself feel content, you can try:

-Creating a list of things to do before going to bed at night that can help you be ready for school the next day (for example: packing your backpack, picking out your outfit, etc.). Set an alarm to go off in the evening to remind you to do the things on this list.

-Charging your phone in another room while you're sleeping. Do not have your phone in bed with you.

-Making sure you're getting 8-9 hours of sleep a night, drinking plenty of water, and eating healthy foods.

-Setting an alarm to wake you up each morning.

-Creating a morning schedule starting with "Wake-up" and the time. List all of the things you need to do before leaving for school and the order you will do them each day.

-Coming to school with all of your work done.

-Using study hall to do work from your morning classes.

-Finding an organizational system that works for you. No matter how you decide to stay organized there are two keys to making it work:

1. Put all of your papers in the correct place as soon as you get them.
2. Treat your supplies nicely and put them away neatly.

-Using your planner to write down homework assignments.

-Get your planner out during each class to write down the work.

-Get your planner out at the end of the day to make sure you're putting all of your work in your backpack.

-Get your planner out at home to make sure you know what work to do.

Put a check mark by an assignment as soon as you're finished with it.

-Starting to study for tests a few days in advance. Start by studying the vocabulary. Knowing the vocabulary is very important for doing well on a test.

[Study Stack flashcard maker](#)

[Quizlet flashcard maker](#)

-Asking a family member to help you study or study with a friend on Facetime.

Take turns quizzing each other using the study guide or worksheets you've been doing in class.

-When you study: if you know something confidently and correctly, cross it off and do not study it anymore. Keep working to understand the questions that seem confusing.

-Knowing two or three things you really enjoy about being at school.

-Emailing a teacher and ask for help with an assignment you're struggling with.

-Doing deep breathing exercises.

[Take Five breathing](#)

-Having a small item to fidget with (for example: pencil top eraser, a smooth piece of tape stuck on your folder, the zipper on your pencil pouch, the bumpy edge of your spiral, etc...).

-Asking your study hall teacher or Miss Schlickman to help you find a time to clean your locker.

