

6/26

Motivation Tips

https://docs.google.com/presentation/d/1LjDSURgseotlGK1NCT2deDpCtotVVV9H_Wxj34GUQSM/edit#slide=id.p

Motivation

https://docs.google.com/presentation/d/1TiAadERHeIMU155sHCR2INh_3wzg5QHsXdIICZoDgHw/edit#slide=id.p

6/10

Tips to Relieve Stress

Short Term

1. Guided Imagery
2. Meditation
3. Progressive Muscle Relaxation
4. Breathing
5. Walking

Fast Acting Relief

6. Hugs
7. Aroma Therapy
8. Create Art
9. Play with a Pet
10. Music

Long Term

11. Balanced Diet
12. Leisure Activities
13. Positive Self-Talk Habit
14. Yoga
15. Gratitude
16. Exercise
17. Social Support
18. Cut Stress

Mindful Minute

<https://www.mindfulschools.org/video/arrive-2/>

Mental Health Check-in

<https://www.youtube.com/watch?v=PgPBRCwVsTw&feature=youtu.be>

Proper Planning and Preparation Promote Perfect Performance

Proper skills	Planning schedule	Preparation strategies
6Ps		
Promote motivation	Perfect Performance goals	

Proper SKILLS

- **note-taking**
- reading
- **listening**
- memorization
- testing
- time management
- organization
- **stress management**
- presentation
- **critical thinking**
- **problem solving**
- visualizing
- adaptation
- getting the gist
- process information(excess and analyzing information)
- **focusing**(condensing)
- digital literacy