



10 Tips for Minimizing School Stress

1. Get organized. This can include your homework environment, locker, books, binders/folders, and bag. If it helps, make a to-do list that breaks down complex projects or long homework assignments.
2. Notice your breathing at school, during after-school activities, and while you do homework. You can always count breaths—“breathing in one, breathing out one”— to calm yourself and slow a rushed or anxious breathing pace.
3. Try not to worry about things that are out of your control or haven’t happened yet. For example, after you take a test, worrying about what grade you might get isn’t going to change your actual test grade.
4. Complete one thing at a time instead of doing parts of many things at one time.
5. Mix things that you enjoy into many hours of work. This might include taking short breaks and stopping to “smell the roses.”
6. Reduce self-pressure and exaggerated or unrealistic expectations.
7. Watch when you jump onto the train of thoughts, and jump off. Remember that a thought is just a thought, not reality or a fact.
8. Appreciate who you are. You rock! Even if you don’t think so.
9. Be open to new experiences and see the same things with fresh eyes.
10. Use mindfulness when you do your homework or take tests.