

# OVERCOMING BACK-TO-SCHOOL STRESS

## Your Guide For The First Week

### 1. Identify It

Going back to school can be extremely stressful, and figuring out how to manage that stress can be even more challenging. Before diving into how to manage stress, the first step is to understand and identify the source of the problem. Once you've identified what stresses you out the most, all you have to do is create a plan of action to defeat the anxiety.

### 2. Break It Down

Make a detailed list of your tasks and action items — be specific. Writing everything down helps clear your mind by putting it all in one place where you can see exactly what needs to be completed.

### 3. Stay Organized

Staying organized during the first week of school is crucial for a smooth start. It helps you reduce stress by ensuring you're prepared for each day, and allows you to focus more on learning and connecting with classmates and teachers. Being organized also sets a positive tone for the rest of the school year, which can contribute to academic success and overall well-being.

### 4. Take Care of Yourself

Heading back to school can feel overwhelming. Simple daily actions, like taking a quick walk or listening to your favorite song, can make a big difference. These small activities can help clear your mind and offer some relief as you navigate new stressors.

### 5. Practice Gratitude and Stay Calm

Find peace and comfort in recognizing that you're doing your best as you head back to school. It's great to aim for success, but remember that your grades don't define you or determine the rest of your life. Take a moment to appreciate the journey and focus your energy on starting strong. Be proud of yourself — you've got this!



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