

BACK TO SCHOOL TIPS

Managing back-to-school stress is crucial for a smooth transition into the new academic year.

Here are some tips to help ease the stress:

Plan Ahead: Start organizing school supplies, schedules, and any necessary paperwork early. Create a checklist to ensure you don't forget anything important.

Establish a Routine: Set up a consistent daily routine, including sleep schedules, meal times, and study periods. A structured routine can help reduce anxiety and improve time management.

Set Realistic Goals: Break tasks into manageable steps and set achievable goals. Avoid overwhelming yourself by focusing on one thing at a time.

Prioritize Self-Care: Make time for activities that help you relax and recharge. Exercise, healthy eating, and sufficient sleep are crucial for managing stress.

Stay Organized: Keep track of assignments, deadlines, and extracurricular activities with a planner or digital calendar. Staying organized can help prevent last-minute stress.

Practice Mindfulness: Techniques like deep breathing, meditation, or yoga can help manage stress and improve focus. Even a few minutes a day can make a difference.

Stay Connected: Maintain open communication with family, friends, or a counselor. Sharing your feelings and concerns can provide support and perspective.

Prepare for the Unexpected: Understand that not everything will go as planned. Develop a flexible mindset and be ready to adapt to changes.

Get Involved: Engage in school activities or clubs that interest you. Building connections and finding a sense of community can make the school experience more enjoyable.

Seek Help When Needed: If stress becomes overwhelming, don't hesitate to reach out for professional help. School counselors or mental health professionals can provide valuable support and resources.

To contact the Brien Center:

Information, Referrals and Appointments: 413.499.0412

24 Hour Crisis Hotline: 800.252.0227