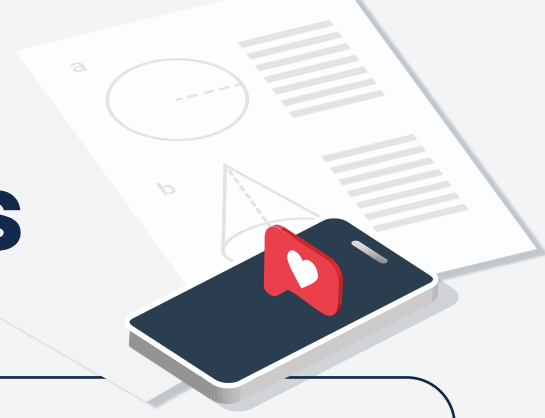


# How to help others with school stress



Going back to school can be stressful for other people around us too. It's important to remember to check on others and to know what to do when offering support in a moment of distress.

Here's a quick guide to help you assist others navigate their moments of anxiety and stress:

## What not to do:

- ✗ Offer support but don't take over
- ✗ Force confrontation
- ✗ Share your own personal story about a similar feeling or situation
- ✗ Get frustrated or angry with the person going through a difficult moment
- ✗ Expect or force sudden or immediate change in their behavior while they're experiencing stress or anxiousness
- ✗ Suggest solutions if you're not well-informed about their situation

## What to do:

- ✓ Express concern and listen first
- ✓ Reassure and validate their feelings
- ✓ Help them identify triggers or cause of stress
- ✓ Help them relax. Go for a walk together, do some [breathing exercises](#), listen to music, or practice [grounding exercises](#)
- ✓ Encourage and support them to seek help (Text **SCHOOL** to **741741** and connect with a live volunteer Crisis Counselor)
- ✓ Offer information and [resources](#)
- ✓ Instead of saying "Stop overthinking" or "Be present" try saying "I can tell you're having a hard time" or "I'm here to help you get through this"
- ✓ Instead of saying "Calm down" or "It's all in your head" try validating their feelings by saying "I'm here for you" or "I'm here to listen if you want to talk" or "I'll stay with you if you'd like."



If you or someone you know is experiencing suicidal thoughts or a crisis, please reach out immediately by texting **SCHOOL** to **741741** or call 911 in the event of a medical emergency.