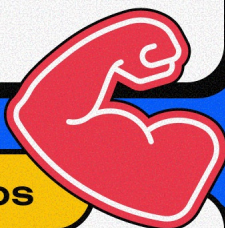


beating your back-to-school stress

Wellness Checklist for the First Week Back

Identify what's causing you stress

Before figuring out 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, create a plan of action with specific steps to overcome it.



Practice gratitude and stay calm

Recognize that you're doing your best. It's great to aim for success, but remember 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. You've got this!



Break down your to-dos

Make a detailed list of your tasks and action items, and 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.

Create new routines

A new school year means new tasks and responsibilities, but setting up a daily routine for before, during, and after classes can help reduce the stress and anxiety of figuring out your schedule and to-do list.

Stay organized

Staying organized during the first week of school is crucial for a smooth start. It helps you relieve stress by ensuring you're prepared for each day, and allows you to focus more on learning and connecting with classmates and teachers.

Make time for self-care

Heading back to school can feel overwhelming. Simple daily actions, like taking a quick walk, listening to your favorite playlist, or practicing daily meditation or affirmations can make a big difference.

