

School Stress

Homework, tests & procrastination

A teen-friendly guide for when school feels like too much.

SAME YOU. BRIGHT THINGS AHEAD. ♥

You
got this
—
Progress
counts! ♥

SMALL
STEPS
BIG
THINGS
HAPPEN ♥

1 Why this happens

You're not lazy — there are real reasons school can feel hard.

Overwhelm

When there's a lot to do, your brain can feel like it's too much, so it shuts down.

Perfectionism

You might worry it has to be perfect, which makes it hard to even start.

Task paralysis

You want to do it, but your brain gets stuck and it feels impossible to begin.

Time blindness

It can be hard to sense how much time things will take, so deadlines sneak up on you.

Worry

Anxiety about grades, what others think, or the future can make it harder to focus.

Low energy

Stress, busy schedules, poor sleep or low mood can leave you feeling drained and unmotivated.

IT MAKES
SENSE.
I'M HUMAN. ♥



2 How to start when you are stuck

Tiny steps can help you get moving.

Open the assignment

Just look at it. Read the instructions. No pressure to do it all — just get it open.

Set a 10-minute timer

Tell yourself you only have to work for 10 minutes. You can always stop, but you might keep going!

Start the easiest piece

Do the smallest, simplest part first. Momentum makes the next part easier.

Try a body double

Work alongside a friend (in person or online). You don't have to talk — just both do your own work.

Clear one distraction

Put your phone away, close extra tabs, or move to a quieter space. Less distraction = more focus.

You
don't have
to do it all
at once.
You just
have to start. ♥



3 For test stress

You can feel more prepared and calmer.

Use short study blocks

Try 25–50 minutes of focused study, then take a 5–10 minute break.

Try retrieval practice

Test yourself, use flashcards, or explain it out loud. This helps you remember more than just rereading.

Get enough sleep

Sleep helps your brain learn and remember. Aim for 8–9 hours, especially before a test.

Ask what's most important

Check with your teacher about key topics or focus areas.

Don't leave it all for the night before

Last-minute cramming increases stress and makes it harder to remember. Give yourself time!

A calmer
mind
learns
better. ♥

PLAN
STUDY
PRACTICE
GROW ♥



4 Beat procrastination without shame

It's not about being perfect — it's about what helps you.

Chunk it

Break big tasks into smaller, manageable steps.

Use a planner

Write down tasks, due dates and smaller steps. Use a physical planner, app, or calendar — whatever works for you.

Make a first step list

List the very first step for each task (e.g., "open doc," "research 1 source," "write one paragraph").

Reward yourself

Plan a small reward after you complete a step (snack, show, music, break).

Work before motivation shows up

You don't have to feel like it. Start anyway — action often creates motivation, not the other way around.

Progress
over
perfection
always. ♥



5 When school pressure gets intense

It's okay to ask for support. You don't have to handle it alone.

Breathe

Try a slow inhale for 4, hold for 4, exhale for 6. Repeat a few times.

Move

A short walk, stretch or some movement can help release stress and clear your mind.

Ground yourself

Notice 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

Talk to a teacher or trusted adult

Let them know how you're feeling. They care and want to help.

Ask about accommodations or extensions

If you need extra time, a quiet space, or other supports, it's okay to ask. There are options, and it's a sign of strength.

Asking
for help
is brave.
And it
matters. ♥



6 Helpful reminder

You are doing better than you think.

"Progress
over perfection.
Small steps still
move you forward." ♥



YOU
CAN
DO
IT
—
YOU
ARE
DOING
BETTER
THAN
YOU
THINK.
♥

— KINDER
— BRAVER
— SMARTER
— STRONGER
— ENOUGH
— ALWAYS
♥

Same you.
Brighter
things ahead. ♥

GOOD
THINGS
AHEAD
♥



You
Got This
♥