

BACK TO SCHOOL

TIPS FOR SUCCESS FOR STUDENTS



BACK TO SCHOOL HEALTH TIPS

1. Manage stress and anxiety.
2. Regulate sleep schedule.
3. Prioritize nutrition.
4. Physical activity.
5. Stay hydrated.
6. Choose the right back-pack.
7. Limit screen time.
8. Update vaccines.
9. Schedule a wellness exam.
10. Establish a routine.

HOW TO IDENTIFY BACK TO SCHOOL STRESS

Some common symptoms of stress in children of all ages include:

- Fatigue
- Changes in eating and sleeping behaviors
- Chest tightness
- Dry mouth
- Muscle weakness
- Stomachache
- Dizziness and headache
- Shaking
- General aches
- Withdrawal
- Poor concentration
- Irritability and being moody
- Confusion
- Being increasingly fearful

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



5-4-3-2-1 in Action



STUDY TIPS TO REDUCE STRESS

You don't need ONE study space.

- A well-stocked desk in a quiet place at home is key. A change of scenery can prompt your brain to retain information better.

Use class time wisely.

- Use any extra class time to begin homework assignments.

Look over your notes each night to make sure you've got it.

- Fill in details, edit the parts that don't make sense, and highlight the information that is most important.

Don't let a bad grade keep you down.

- Take proactive steps by checking your grades regularly online and getting a tutor if you need one.