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. Acknowledge 3 things Acknowledge 5 things Acknowledge 4 things that you can hear that you can touch that you can see around you. around you. around you. Acknowledge 2 things Acknowledge 1 thing that you can taste that you can smell around you. around you.

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.





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