

# HOW TO REDUCE STRESS IN SCHOOL

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School can be tough sometimes. There's a lot of pressure from a lot of people to perform at your best, and sometimes that isn't possible without sacrificing your well-being.

So how do you balance your school and your mental health? Here are some tips to help!

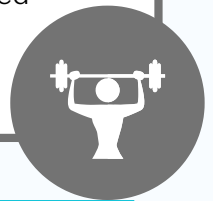


## If you're behind, don't hesitate to tell your teacher

Avoid just showing up without a project or your homework done. If you are feeling overwhelmed before a due date, email or talk to your teacher in person. It may be scary, but telling them how you're feeling will often lead to them extending your due date or explaining a concept you were too scared to ask about in class.

## Make sure you do at least one thing for you everyday

I know when school gets stressful, it's easy to forget to take care of yourself, but making time for a hobby you enjoy, playing a sport, or eating some good food can help you de-stress and reset your brain so you feel less swamped with work.



## Study or do homework with your friends

It can really help when you feel overwhelmed to work through your load with others. Studying with other people also allows you to hear concepts explained by other people in ways that might help you absorb the information better.

## Get involved with something you like at school

In the morning, thinking about all the classes you have that you hate that day can suck, but knowing you have that club or rehearsal you really love at lunch or after school can really motivate you.

