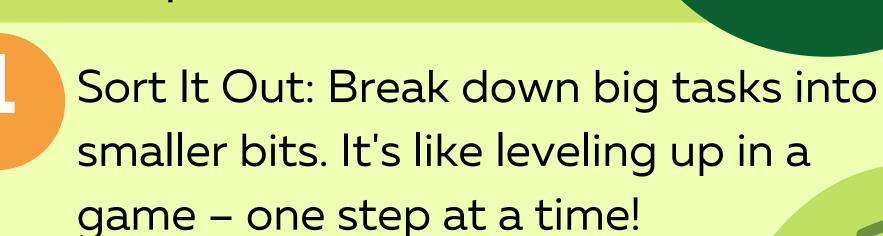As Grade 6/7 students, you're navigating a crucial time in your academic journey. It's normal to feel stressed and anxious about your workload at times. Don't worry; it happens to everyone. Let's figure out how to handle it like pros!

Understanding Stress and Anxiety:

What is Stress? Stress is a natural reaction to challenges or changes. It can motivate you to perform better but can become overwhelming if not managed.

What is Anxiety? Anxiety is a feeling of unease or worry. It's common to feel anxious about assignments, tests, and other responsibilities.

Quick Tips:

1 Sort It Out: Break down big tasks into smaller bits. It's like leveling up in a game – one step at a time!

2 ## Time for a Breather:

Take short breaks while studying. Your brain needs a mini-vacation too!

3 ## Healthy Vibes:

Eat good food, sleep like a champion, keep moving and think positive, hopeful thoughts

4 Prep Your Space: Keep a clear work surface, use tools such as noise canceling headphones and agendas to stay focused and to eliminate distractions.

5 ## Seek Support:

Talk to friends, family, or teachers about your concerns. They can offer guidance and support.

Parents, it's important to be aware of your own stress levels, as they may impact your child's stress levels. Take a moment to reassure yourself that your child is capable of doing hard things!

Managing Anxiety: Talking Back to your Amygdala

Size of the Problem

Rate your anxiety on a scale of 1–5. Sometimes it helps to step back and see how big this problem is.

Quick Tips:

1 Mind your body – pay attention to the signals your body is giving you and use mindfulness and relaxation to calm your body.

2 **Sort out your Negative Thoughts**

Write out your negative thoughts and see if you can replace them with realistic, positive thoughts.

3 **Focus**

Work on your assignments for 30 minutes and then take short breaks to think about your worries. Then put them aside to focus again.

stay focused

4 Use the "distraction" technique so that you are in control about what you think about.

5 **Coping Card**

Work on your positive thoughts. Write them on a small card and read the card often throughout the day.