

# I.T.S. Wellness Letter

July 2019

## BACK TO SCHOOL!

### *Tips to Stress Less on the Road to Success*

It's that time of year again! Love it or hate it, school is back in session. It's no secret that school can be a stressful place, filled with responsibilities and obligations, changes and transitions, and having to balance everything else. Fortunately, there are ways to help ease the stress associated with this turbulent time so students can reach their highest potential, enjoy their youth, and grow into healthy adults.

1. **Prioritize sleep-** Don't neglect the importance of sleep. Practice good sleep hygiene.
2. **Visualize-** Guided imagery and visualizations help reduce stress responses, calm down, and get distance from stresses. Try before that big presentation too!
3. **Exercise-** The tried and true way to reduce stress and blow off some steam.
4. **Get Organized-** Clutter can cause stress and decrease productivity, two things a student does not need.
5. **Eat Healthy-** Healthy eating= Healthy learning
6. **Positive Thinking-** Optimism brings about positive circumstances, and better grades!

### MENTAL HEALTH TIP- BACK TO SCHOOL EDITION

*Slow it all down and soothe the self with 4-7-8 Breathing*

Exhale to the count of 8. Inhale to the count of 4. Hold the breath to the count of 8. Repeat 4 cycles.



## For the Parents

### *Common Stresses in School and How You Can Help*

Parents can do wonders in helping their children be successful and comfortable in school. With the stress of big tests, peer conflicts, changes emotionally and physically, bullying, homework overload, and many other issues, parents can do well to remember a few key items:

1. **Don't Overschedule-** Students need time to decompress through non goal oriented activity.
2. **Encourage Sleep-** Limiting things that interfere with sleep such as electronics, foods, stress.
3. **Serve a healthy diet**
4. **Take care of yourself!**
5. **Positivity and Encouragement**