

Stressed out about school? We're here to help.



Here are some small things you can do straight away to help you better tackle the challenges of student life.

- ✓ **Stuck on a problem? Come back to it later.** Or break the problem down into smaller chunks. It's easier to tackle one small piece at a time.
- ✓ **Take a short break** (see ideas below). Then come back refreshed or with a different perspective.
 - **Grab a healthy snack** (fruits, veggies, handful of nuts) and drink lots of water!
 - **Get up and give your body a stretch, or go for a brisk walk** — alone or with your study buddy — to get some fresh air and clear your mind.
 - **Do something fun or that you enjoy.** Dance and sing along to your favourite song. Listen to a favourite podcast. Take a relaxing bath or shower. Call your best friend for a chat or to blow off some steam.
 - **Breathe.** Close your eyes and take slow, deep breaths. Drop your shoulders and relax your arms and legs.

- ✓ **Ask for help.** Got a friend who's really good in a particular subject? Take advantage of their expertise.
- ✓ **Get as much rest as possible.** Don't drink too much alcohol or caffeine before bed. If a particular problem is preventing you from getting to sleep, write it down and deal with it in the morning.
- ✓ **Be kind and patient to yourself.** Reward yourself for your successes and for all your hard work. Don't let the small hurdles prevent you from reaching your long-term goals. Figure out a plan for the next time.

For more practical tips on sleeping better, increasing activity, problem solving, and more, check out our BounceBack videos at: bouncebackvideo.ca (using access code: bbtodayon)