

MARCH 8-12, 2021

WELLNESS WEEK

Leon County Schools-High School Edition



OVERVIEW:

Raising a Teen During the Pandemic and Initiating Self-Care

Raising a teen is tough. Add to that the current pandemic and we all know everyone is stressed to the max! Practicing self-care is essential in order to stay grounded and healthy in all of our relationships. Watch the video below and see how students learned three recommendations from other teens on how to cope with stress during these every changing times!

https://www.youtube.com/watch?v=_Vve9N0xwUI

Self-Care and Coping Plan For Spring Break and Beyond

1- Still do you! Don't forget about the important things that keep you centered. What are some routines or things that you will continue to do over Spring Break and beyond to keep you centered?

2-Focus on things that matter: What things do you worry about?

List the things that worry you	Can you control them?	
	YES	NO
	YES	NO
	YES	NO
	YES	NO
	YES	NO
	YES	NO
	YES	NO

Go back circle or highlight all the things you CAN control so that you stay focused on those things!

3- Feel all the Feelings What are some feelings you have been suppressing? How can you release them and ride the wave to let them go?

- Self-Care and Coping Plan
- 7 Tips to Beat Test Anxiety
- Mindfulness

As students leave for the Spring Break, LCS wanted to remind everyone to initiate or continue healthy practices during the school break and beyond!

For more information about *Mental Wellness* and other resources, visit LCS Support & Mental Health Services website:
<https://www.leonschools.net/Domain/7259>

fitzgeraldt@leonschools.net
andersona5@leonschools.net

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7 Tips to Beat Test Anxiety

Test anxiety is a psychological condition in which people experience extreme distress and anxiety in testing situations. While many people experience some degree of stress and anxiety before and during exams, test anxiety can actually impair learning and hurt test performance. Students watched this video to learn a seven tips!

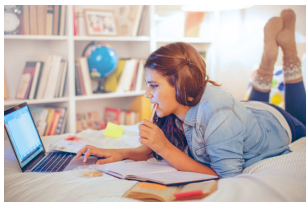
<https://www.youtube.com/watch?v=FyBdA61GmJ0>



7 Tips to Beat Test Anxiety

Let's make some plans to help you be successful on your next test!

1. Get 6 hours of sleep prior to the test. What time would you need to go to sleep for this to happen?



2. Have a balanced diet at least 1 week prior to the exam. Eat a breakfast that is high in fiber and carbohydrates. What would your test day breakfast look like?

3. Practice positive self-imagery. Set realistic goals (i.e. Making at least 80% on your exams). What is your realistic goal?



4. When you start to feel stressed while studying or during the test, de-stress by picturing yourself in a happy moment. Where is your happy place that you could imagine briefly (i.e. beach, Skate Park, shopping, fishing, or playing a video game?)

Then switch back to the test room and refocus on your exam.

5. Picture questions on the exam that you have already studied for to boost your confidence. While you are studying the information, try to think of what questions your teacher might ask you.



6. Familiarize yourself with the test room.



7. On a separate piece of paper, write down your insecurities and then follow each one with a rebuttal or disproof to make you feel confident. Crumple up the paper and throw it away! Practice this on the day of your exam.

Under Pressure - Mindfulness for Teens

Teens today need mindfulness more than ever to cope with the increasing demands they face each day. Listen while Kendrick Lamar and Jennifer Aniston talk about why they practice mindfulness on a daily basis! Mindfulness is something we can all use, from athletes to actors, adults, teens, and children, to be our best selves - to be calm, resilient, strong and wise!

<https://www.youtube.com/watch?v=WJ-ZAyxHd9Y>



Kendrick Lamar discusses meditation with Rick Rubin Co-Founder of Def Jam Records