# MARCH 8-12, 2021

#### Leon County Schools-Middle School Edition

### 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- <u>Still do you</u>! 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?

	What things do you worry about?		
List the things that worry you	Can you control them?		
		YES	NÔ

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### **OVERVIEW:**



- Self-Care and Coping Plan
- 5 Tips for Coping with 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

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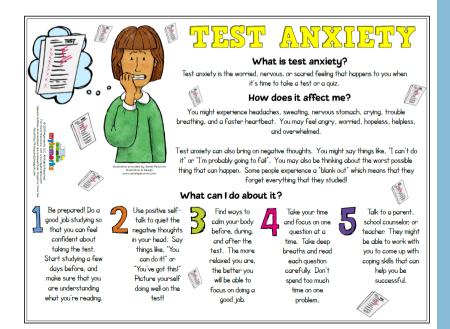
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**5** Tips for Coping with Test Anxiety

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 5 tips for coping!

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



#### 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

