

MARCH 8-12, 2021

# WELLNESS WEEK

## Leon County Schools-Middle 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](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 and 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
- 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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### 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>

### TEST ANXIETY

**What is test anxiety?**  
Test anxiety is the worried, nervous, or scared feeling that happens to you when it's time to take a test or a quiz.

**How does it affect me?**  
You might experience headaches, sweating, nervous stomach, crying, trouble breathing, and a faster heartbeat. You may feel angry, worried, hopeless, helpless, and overwhelmed.

Test anxiety can also bring on negative thoughts. You might say things like, "I can't do it" or "I'm probably going to fail". You may also be thinking about the worst possible thing that can happen. Some people experience a "blank out" which means that they forget everything that they studied!

**What can I do about it?**

- 1** Be prepared! Do a good job studying so that you can feel confident about taking the test. Start studying a few days before, and make sure that you are understanding what you're reading.
- 2** Use positive self-talk to quiet the negative thoughts in your head. Say things like, "You can do it!" or "You've got this!" Picture yourself doing well on the test!
- 3** Find ways to calm your body before, during, and after the test. The more relaxed you are, the better you will be able to focus on doing a good job.
- 4** Take your time and focus on one question at a time. Take deep breaths and read each question carefully. Don't spend too much time on one problem.
- 5** Talk to a parent, school counselor, or teacher: They might be able to work with you to come up with coping skills that can help you be successful.

### 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>

