



TIPS FOR A STRONG START TO THE SCHOOL YEAR!

LOCK IN HEALTHY HABITS

Get enough sleep. Aim for 8-10 hours per night.

Move more and sit less. Try to be physically active each day.

Take breaks from electronics and social media. Try to turn off screens while doing homework or with friends and family.

SLEEP SUCCESS STRATEGIES

- Set an early bedtime.
- Exercise at least 30 min each day.
- Put your phone out of reach when you get into bed.

PRACTICE POSITIVE SELF-TALK

Say “I’ll try it!” instead of “I can’t do it.”

CONNECT WITH OTHERS

Get involved. Join a club, try out for a team, and attend school and neighborhood events to meet new friends!

Talk with family and friends. It can be normal to feel nervous. Talking about how you feel can help.

MANAGE STRESS

Make time to unwind. Balance schoolwork with activities you enjoy and time with friends.

Talk to your teachers. If you need extra help, reach out to your teachers, they're there to support you.

Healthy ways to handle conflict: Communicate clearly and calmly, find compromises, and seek advice.

TRY DEEP BREATHING TO HELP YOU RELAX:

Place a hand on your belly to feel it moving when you are breathing. Take a slow breath in through your nose, hold your breath while counting to 5, and then breathe out slowly.

HOW TO ASK FOR HELP:

"I have been feeling ____, and it's starting to affect my grades. I really need to talk to someone."

NEED MORE SUPPORT?

Reasons you may want to ask for help: If you have trouble sleeping, concentrating in class, or don't enjoy things you used to.

Ask for help by reaching out to friends and trusted adults — like a family member, teacher, school counselor, doctor, faith leader — for support.

If things feel overwhelming, you can call, chat, or text 988, the Suicide & Crisis Lifeline any time — calls are confidential.



SCAN THE QR CODE
for more information.

