

9 STRESS MANAGEMENT TIPS FOR ONLINE SCHOOL STUDENTS

Learning to manage stress at a young age helps children develop into resilient adults. Here are a few tips for easing unexpected stressors that may arise and preventing stressful moments during the school day, in online school.



STRESS MANAGEMENT FOR ELEMENTARY SCHOOL STUDENTS

Potential stressors: nervous about new classes, losing focus, tired from the day

1. Listen to calming music when it's time to focus.
2. Plan breaks to do things that aren't school-related.
3. Learn mindfulness through sensory experiences.

STRESS MANAGEMENT FOR MIDDLE SCHOOL STUDENTS

Potential stressors: feeling rushed, shy in front of classmates, difficult homework

4. Exercise during the school day to release endorphins.
5. Practice asking teachers and other adults for help.
6. Relax before bedtime and get plenty of sleep.



STRESS MANAGEMENT FOR HIGH SCHOOL STUDENTS

Potential stressors: test day, tech issues, big project is due soon

7. Break large assignments into smaller, more manageable tasks.
8. Use checklists to celebrate the day's accomplishments.
9. Get involved with the community and find volunteer opportunities.



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