

Middle School Resources

SOCIAL/EMOTIONAL

1. Learn to have positive self-talk and to speak positivity to others. If you think negative, you will be negative.
2. Seek mentorship from someone either at school or from an outside source.
3. Become organized in school → get a planner, make a checklist of what to do, or anything else that helps with personal organization.
4. Become organized mentally. Learn how to manage stress/anxiety → Find a way to organize all your emotions.
5. Get involved in physical activity. Keep up with hobbies you enjoy.
6. Do not be afraid to ask for help with anything!
7. Find a solid friend group that can support you and your needs. Also, be a friend that you would want for yourself.
8. Do not have a critical spirit or be judgmental of others. Find something good and positive in everything.
9. Be aware of your emotions and what they are. Learn how to express them appropriately.
10. Figure out and understand your purpose for your life in this present moment. This does not have to be a long-term purpose. Look into what God has designed you to do right now.
11. Balance → Life is all about balance. If you are feeling emotionally overwhelmed, then find the balance between all that you are juggling or pursuing. Find what is most important and focus on that and then give time to the other things.

SPIRITUAL

1. Find community in the local church or a youth group. Having community with like-minded people helps in your spiritual walk more than anyone could know or understand. Like-minded people can lift you up and push you to be a better version of yourself.
2. Find a place you can serve in the church or even in your community. Serving allows you to give back to others who are in need or just serving the church in general lets you be involved in a Christ-filled ministry.
3. Make time for scripture reading. Do not just read one verse, but take a chunk of scripture, read it, and take notes on what stands out and how to apply it to your life.
4. PRAYER → There is so much power in prayer and talking to the Lord. When you are anxious, nervous, worried, sad, happy, excited, or anything, tell God and ask for peace or thank him for what is good in your life.
5. Find time to have a devotion daily. There are several options for this: look on the school website for the daily devotions or find a book or series that works best for you. You could also download the Bible app on your phone or tablet and it gives an endless amount of planned out devotions for whatever topic you want to read or learn about that week.
6. Something that tends to help with spiritual health is to identify the blessings in your life and find the positivity in that. At the end of every day, identify the “blessing” of the day and be thankful for what happened that day.
7. Write meaningful scriptures down on a sticky note or a notecard and stick them in places that are easily accessible and visible to you. Simply placing these scriptures/verses in different places gives easy reminders of the promises of the Lord. They are there to give peace in times of anxiety or stress and will end up being just what you needed to calm down or be reminded that everything will be okay.
8. If you are a reader, find a book that addresses the problems and struggles you seem to be going through. There are plenty of good books out there that can help you understand that what you are going through is not just happening to you. Even if you just want a spiritual “pick me up”, find a good book that will help you process whatever stage of life you are in.
9. Talk to someone, whether it is a parent, friend, or someone from church, anyone! Talking to someone always helps process any information that you are struggling with and it makes any problems you are having better. Preferably talk to someone who has a spiritual background so they can lead you to Christ.