

# High School Resources

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## SOCIAL/EMOTIONAL

1. Begin planning - Whatever the event is that you are planning for, plan early. Write things (especially homework & school activities) in a planner so you will remember later what all needs to be done and when. Doing this also allows for better time management skills because you are planning ahead for the things that need to be done.
2. Become organized mentally and in school. Get a planner, make a checklist, learn how to manage stress and anxiety, and find ways to organize your emotions.
3. Drink more water! Your brain and body can work better when you are properly hydrated. Drinking water is so important for your mental health and allows you to function better.
4. Set aside specific time for your own "me time". This does not mean stop doing your tasks that are necessary, but it does mean planning time where you can spend time doing something you enjoy and love to do.
5. Figure out a good, regulated sleep schedule. The more regulated your sleep is, the better quality of sleep you will get. This does not mean stay awake until 2:00am and then wake up at 7:00am and only get a short amount of sleep. Go to bed at a decent time so that your brain and body can be alert and awake in the morning and all throughout the school day.
6. Seek mentorship from someone either at school or from an outside source. 11th and 12th graders should seek out good counsel for future decisions if that is something you struggle with. Talk to someone who can help and guide you in your future decision making.
7. 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 first.
8. Understand that God has a purpose and a specific plan for your life. It may not be evident or clear right now, but He will reveal it to you in His timing. Have peace in knowing that the Lord is in control over every aspect of your life.
9. Be involved in some sort of physical activity. You may not know this, but it truly helps mental health to get out and do some form of exercise. Do something you love to do and keep up with it so that you will feel better.
10. Do not be afraid to ask for help on anything from anyone! There will always be someone who is willing to help you when things seem messy or confusing.

## SPIRITUAL

1. Get involved in the community within your local church. What is awesome is that there is a church affiliated and connected to the school which makes it so easy to be able to come to church. Having that community with like-minded people helps in your spiritual walk more than you could know.
2. Use your unique spiritual and non-spiritual gifts to serve in church. Is there somewhere you can serve? Can you teach or volunteer in a class? Can you greet visitors? Or pray with others? Find where you can benefit others the best and get plugged in there.
3. Make time to read scripture and to dive into God's Word. Do not just read one verse, but take a chunk of scripture, read it, analyze it, and take notes on what stands out to you and apply it specifically 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. Start a prayer journal. This is great for writing down personal prayer requests, requests of friends or family members, or even praise reports. When you write down your prayers, you can look back in the future and see the goodness of the Lord and how He worked in your life. It shows you how to be thankful for what you go through.
6. Make time in each day to have a devotion and quiet time with the Lord. There are several options/resources for this: look on the school website for the daily devotions or you can find a book or series that works best for you.

You could also download the Bible app on your phone or tablet. This resource gives an endless amount of planned out devotions for whatever topic you want to read or learn about that week.

7. Get it out! 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.
8. Place sticky notes in random places with Bible verses or inspirational quotes on them that are easily visible to you. Being able to constantly read things like this are helpful and they give easy reminders of the Lord's promises and goodness in your life.
9. Think positively → If you are thinking and viewing things in your life in a positive manner, you will find yourself thinking differently and that your mind has redirected its focus to happy and healthy places. When you think positively, you become calmer and more relaxed.
10. Find a solid group of friends that lead you to the Lord and that do not tear you down. Whoever you hang around is who you will become. So, make sure that you are surrounding yourself with Christ-like, uplifting people who can and will be there for you through the harder times. Also, be the kind of friend to others that you would want for yourself.