

Positive Coping Skills

- Write, Draw, paint, photography
- Take a shower or a bath
- Take a walk or go for a drive
- Watch funny videos on YouTube
- Take a break or vacation
- Set boundaries and say "no"
- Write a thank you note to someone
- Be assertive
- Do service or Volunteer work
- Encourage others
- Lower you expectations
- Write a list of goals
- Write a pros and cons list
- Reward or pamper yourself
- Sleep
- Deep/slow breathing
- Take a walk
- Close your eyes and image you are on the beach
- Get a massage, pedicure, and your nails done
- Go for a run at the park
- Write a letter to the person telling them everything then shred it
- Count to 100
- Watch TV or a movie
- Play a game
- Read
- Talk to someone you trust
- Cry
- Use humor
- Exercise or play sports
- And many more!

Social Workers

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ROOM 107

Stress Less

Stress Management Techniques



**From your Central
Social Workers**

Room 107

What is stress?

Overview: Stress is a response to the demands placed on us in our lives. Another way of looking at this is that stress is a perceived threat (real or imagined) to one's mind, body, spirit, or emotions. Under a perceived threat, the body rapidly goes into what is commonly known as "fight or flight," a physiological response that allows us to survive physical threats. This stress response is useful for physical threats; it is not appropriate for mental, emotional and spiritual threats; problems most people encounter today.

Why learn about stress? Stress is associated with most everything we do, from taking tests in school to how we communicate in our relationships (e.g., parents, siblings, girl/boyfriends, co-workers, and neighbors). We want you to build strong and healthy habits.



Test Taking Strategies

BEFORE:

- Take a practice test
- Review material
- Eat a good breakfast
- Avoid caffeine (increases anxiety)
- Stop critical statements
- Avoid stressful situations (arguments)
- Exercise (great stress reducer)

DURING

- READ the directions twice
- LOOK over the entire test
- PLAN an approach
- DO NOT RUSH (Have a watch or be sure you can see the clock and *pace* yourself)
- SCAN the test and answer the questions you know first
- FOCUS attention on the test
- If you DON'T KNOW an answer, MARK the question
- Use ANXIETY as a cue to relax (slow deep breathing)
- Use POSITIVE SELF-TALK ("I remember seeing this before.")
- Change positions to help you relax
- If you go blank, skip question & go on
- Don't be concerned if others finish sooner (Use the time allowed)
- Check OFTEN that the test number in the test booklet corresponds to the same number on the answer sheet

AFTER:

- BREATHE – you're done!

Second Semester Exam Schedule 2017-2018

May 30th:

8:00 – 9:30: Period 1

9:30 – 9:45: Break

9:45 – 11:15: Periods 4/5, 5/6, 4/6

11:15 – 11:30: Break

11:30 – 1pm: Period 2

May 31st:

8:00 – 9:30: Period 3

9:30 – 9:45: Break

9:45 – 11:15: Periods 6/8, 7/8, 6/7

11:15 – 11:30: Break

11:30 – 1pm: Period 9

June 1st:

8:00 – 9:30: Period 10

9:30 – 9:45: Break

9:45 – 1:00pm: Make Ups

****NOTE****

If you have 3 exams on the same day you can ask one of your teachers to move your exam to the make-up slot on the last day! GOOD LUCK!