



Family Partnership Charter School Sponsors
'Steps to Your Future'
with Mari Jo Parks, M.Ed., Career & College Coach



How to Survive the Year End Stress...

Talking with students and parents this week I hear in their voices the stress they are feeling. The end of the school year is always a bit rough but for seniors and their parents it is far worse. Try to step back and put this time into prospective. Remember the stress is not just about all that needs to get done but it is about the emotions of ending the known, the routines, the personal friendships and seeing major change coming. Although you want the change it is still a factor in your stress. So here are a few tips to maybe help you through this time.

1. Remember you are not alone. Everyone from students, to teachers, to parents, to family, is feeling stressed and frustrated. This will pass!!!
2. Talk openly about your stress...embrace it, let it motivate you but try to control it. Accept that anger and negative self-talk goes with stress. Try to replace it with positive thoughts.
3. Don't compare yourself to others, they have their struggles and challenges, too.
4. Do not add stress by creating more things that need to get done. (I always decide to rearrange the house when I am stressed...which adds lots more stress for everyone in the house.)
5. Try deep breathing through the really tough moments to collect yourself.
6. Remember these words: "In five years, will this matter?"
7. Create lists of what needs to be done, having it written down can help reduce the stress and keep you more focused. There is power in crossing off the completed tasks.
8. Accept that a lot of things are out of your control.
9. When feeling really stressed, move your body...exercise, wiggle, listen and dance to music.
10. Turn off your devices. Disconnect from the electronic world for a while.
11. Listen to nature and go for a walk.
12. Eat good food and healthy snacks. Sit at the table for 10 minutes and enjoy your meal.
13. Try to make 3 people smile each day.
14. Pour yourself a cup of tea, sit back and enjoy it.
15. Watch funny cat, dog and baby videos.
16. Take a moment to think about all that you have accomplished.
17. Smile and laugh more. It really is healing.
18. Did I mention that you should ask, "In five years, will this matter?"
19. Draw a picture of your stress. Don't forget to put a smile face somewhere on it!
20. Do NOT let today's stress ruin tomorrow!
21. And because you are the graduating **Class of 2021**...The 21st Stress Reliever is hug yourself and your favorite people (when socially appropriate.). The connection can put you back together again.

Don't forget Thursday, May 6 at 6:00 via Zoom. **What to Know Before You Go to College** – A quick overview of information on selecting college courses, campus services, roommate information, talking to your professors, safety techniques and much more. Contact Teresa Hintze at Hintze_Teresa@asdk12.org to register.

As you go through the next few weeks, keep reminding yourself you are almost there. Remember the **BEST IS YET TO COME!**

If there is any way I can help, please e-mail me at future.inc1@gmail.com or text me at (907) 354-5405.

I hope you have a good week, Mari Jo Parks, *Career and College Coach*