**Tips to Reduce Stress**

1. **Breathe slowly and deeply 5 times.**
2. **Visualize a peaceful place.**
3. **Talk to a friend/teacher/parent about your concerns.**
4. **Make sure you are organized to avoid last minute rushing.**
5. **Prepare well in advance for tests and homework.**
6. **Spend time making sure school work and notes are organized and neat.**
7. **When studying; use visual, auditory and writing so all of your brain is used.**
8. **Make checklists for tasks at home and for homework.**
9. **Eat a healthy diet.**
10. **Get plenty of sleep…turn off phones and computers while you sleep.**
11. **Avoid negative words when thinking about subjects that make you anxious.**
12. **Use positive words about yourself. If you do poorly on a test, don’t say, “I’m a failure”. Say, “I can work together with friends to study harder.”**
13. **Recognize when you start to feel anxious and try to slow it down before it snowballs. Distract yourself by doing something pleasant.**
14. **Remember that things are rarely as bad as we think they are! Take a deep breath!**