



Beating Back-to-School Stress

As summer ends and the new academic year begins, the excitement of returning to school is often mixed with feelings of stress and anxiety. Back-to-school stress is a common experience for students and parents.



Tips to Ease Back-to-School Stress

FOR STUDENTS

Time Management: One of the biggest stressors for students is managing their time effectively. Help them create a study schedule that balances academics, extracurricular activities, and personal time.

Interpersonal Struggles: Many children find school unnerving. Meeting new classmates or returning to old ones and the fear of being bullied, especially if they have experienced it in previous years, can be daunting for some students. Arrange play dates with familiar peers before school starts. It has been proven that the presence of a familiar peer during school transitions can ease the process considerably. Encourage them to join clubs or activities that align with their interests, which can foster new friendships and build confidence.

Academic Struggles: Fear of failure and the pressure to excel academically can be overwhelming. Remind students that it's okay to make mistakes and that learning is a journey.

FOR PARENTS

Listen to Your Child: Engage in open conversations about their concerns and feelings related to going back to school. Listen without judgment and offer reassurance when needed. Your support and understanding can go a long way in alleviating their stress.

Establish Routines: Setting up consistent daily routines can help children feel more in control and reduce anxiety. Ensure they get enough sleep, have healthy meals, and engage in physical activities to promote overall well-being.

Manage Your Expectations: While it's natural to want the best for your child, be mindful of setting unrealistic expectations. Each child is unique, and success comes in various forms. Celebrate their efforts rather than focusing solely on outcomes.

Source: Mind Springs Health. [Read more!](#)