**The Guide on How to Keep Your Mental Sanity**

**And Other Tips to Survive School Work**



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**Simplicity is Bliss**

**How to Keep your Cool with School**

5 ways you can reduce stress in your school work.

1. Talk to you friends and teachers.

* Ask for notes
* Ask for extra help
* Ask for an extra lesson/crash course

1. Accept mistakes.

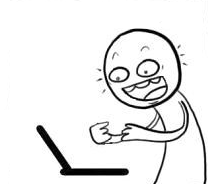
* Learn where or why you made your mistake.
* Ask your teachers on how you can improve.

1. Take resting breaks
2. Don’t commit too much on work and make your work pile realistic.
3. Take notes and schedule dates.

* Takes notes in class
* Write down due dates
* Review your note before test and quizzes

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| **Old Problems** | **New Solutions** | **Benefits/Advantages** |
| Doing things independently and occasionally forgetting things. | Asking your friends and teachers for missing informations. | You can put more time into focusing on your work and can worry less about not know what you may be losing out on. |
| Worrying about your mistakes and stressing about your marks. | Accepting and understanding your mistakes. | You don’t have to carry around burden on being stress out on a problem you made a mistake on and can be prepared next time you encounter those problems. |
| Constantly keep on working and not stopping. | Taking occasionally breaks. | You relax and not get MSI (Muscular Skeletal Injury). This also helps your brain process in the information and cools down for the other work or continuing your work. |
| Planning to do everything in one day/night. | Doing things afters another in a chronological order. | Doing this will give you better organization and can better line up more close and important due dates to less important and further away ones. |
| Remembering work done in class and event/due dates in your class. | Writing down notes and scheduling due dates in your agenda or notebook. | This will help you organize your homework and projects more efficiently. This will also give you a heads up and more confidents when a test/quiz/exam/due dates come up. |

# Before After





**When I can reduce my stress sources.**