Strategies to Lessen Overwhelm

1. Organize and Prioritize

- **Use a Planner**: Keep track of assignments, deadlines, tests, and college application due dates with a digital or paper planner.
- **Prioritize Tasks**: Break your tasks into urgent and important categories. Focus on completing what needs to be done first, managing your time around priority tasks.

2. Set Realistic Goals

- Set achievable goals for both the short-term and long-term. Avoid setting too many goals at once to keep things manageable.

3. Develop Efficient Study Habits

- Create a dedicated study space free from distractions.
- Use study techniques like Pomodoro or active recall to enhance focus and retention.

4. Seek Support

- Don't hesitate to ask for help from teachers, counselors, or tutors if academic pressure becomes too intense.
- Share your feelings with family or friends who can provide emotional support.

5. Maintain a Balanced Lifestyle

- **Regular Exercise**: Physical activity is a great stress reliever. It can boost your mood and help you manage anxiety.
- **Healthy Eating**: Maintain a balanced diet to support overall well-being.
- **Adequate Sleep**: Ensure you get enough sleep each night to restore your energy and improve focus.

6. Practice Mindfulness and Relaxation Techniques

- Engage in activities that promote relaxation, such as yoga, meditation, or deep breathing exercises.
- Take short breaks during study sessions to clear your mind and reduce stress.

7. Limit Social Media and Screen Time

- Too much time on social media can increase stress and distract from important tasks. Set specific times for checking social media to avoid constant distraction.

8. Plan for the Future, But Live in the Present

- While it’s important to prepare for the future, focus on the present moment and tasks at hand. Enjoy your high school experiences without constantly worrying about what comes next.