

SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 4: Week 4, Term 2

COPING WITH STRESS

Stress is a physical and emotional response to any kind of demand or challenging situation. While it can be uncomfortable, it is a normal part of life, and is our body's way of motivating us to work towards solving our problems.

Stress is meant to be temporary, and stress that lasts a long time can a toll on your psychological and physical health.

Everyone experiences stress in different ways. What is most important is how you cope with your stress.

Sources of Stress

Some things that may not seem stressful to you, may be stressful to others. Stressors can be both positive and negative. Positive stressors (e.g. wanting to do well in an exam) can keep you motivated.



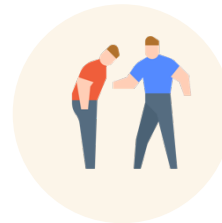
Family
(e.g. new siblings)



Friends
(e.g. peer conflict)



School
(e.g. exams)



Bullying



Extra-Curricular
Activities



Money



Work



Relationships



Social Media



News



We know that this may be an anxious time for some of you. Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTtqM862kQ9>

With the change to online learning, you may be left to create your own schedule. Creating a timetable will allow you to plan out your day, and increase the likelihood of you completing the things you need to do. You may find it helpful to:

- **Write a to-do list** (This will ensure that you don't miss anything!)
- **Prioritise your tasks** (Focus on completing the most important tasks, and the quickest tasks first too as this will allow you to cross them off your list!)
- **Give yourself a break between tasks** (Taking a break is important in reducing your stress. It will help to reset your mind and allow you to refocus.)

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday

Setting Goals

S	Specific What exactly do you want to happen?
M	Measurable How will you be able to see that you're making progress?
A	Achievable Is this goal achievable?
R	Relevant Is this goal something that is important to you?
T	Timely Set a time frame to achieve your goal

Sometimes we have so much to do that we find ourselves creating long to-do lists. Simply looking at the list can be quite overwhelming, especially when the tasks are complicated and may take a long time. Setting SMART goals can help to ease your stress by breaking the task into smaller and specific chunks, and provide you with direction on where to start.

Example:

Goal: Finish my English assignment

SMART goal: I will finish my English assignment (*Specific*) by spending 2 hours each day (*Measurable*) completing a section, starting with my introduction (*Achievable*), so that I can submit my assignment on the 4th May (*Timely*) to get a good grade (*Relevant*).

Try setting 1 SMART goal for this week!

BOREDOM BUSTER

Itching to get out of the house? Wishing you were somewhere else? Why not explore the happiest place on earth, and take a virtual tour of Disneyland!



<https://disney.parks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

APP OF THE WEEK



Calm helps to reduce stress by providing you with a range of activities such as mindfulness and meditation!