Student Self-Care Tips

For Virtual Learning

Have a dedicated workspace - Having a designated workspace signals to your brain that it is time to work on assignments and then time to end schoolwork when you leave this area. This does not have to be an entire room, this can be an area of a room where your materials and computer stay.

Set "school" hours - It is easy to get distracted when school takes place at home. Set a time every day that you will dedicate to your assignments. Make sure to remove any distractions including phones and social media!

Have a routine & write it down - Know your school's expectations for logins and submitting assignments. Keep your routine similar to what you are used to: get up, shower, and get ready for your day. Do you have siblings in your home? Brainstorm what your routine looks like together!

Take breaks during your day - Make sure to step away from your schoolwork during lunch and passing period (great time to get a snack) and add breaks for movement, mindfulness, and healthy activities. Your brain needs time to relax and recharge.

Intentionally end your day - This signals to your brain that "work" is done for the day. Try stretching or running in place to give your brain that needed signal.

Practice gratitude - Studies show that practicing acts of gratitude can change the brain to focus on the positive and help you feel more at ease in times of stress or uncertainty. Intentionally think of 3 things you are grateful for each day. Share with a family member, friend or your counselor!

Practice healthy activities - Team together with those in your home to try new games, projects or activities.

Check in with a positive friend & others - Reach out to someone each day to have a non-school related conversation.

Get enough sleep - Schooling from home can impact your sleep patterns. Be sure you are getting enough rest (8-10 hours of sleep is recommended). If you have trouble sleeping, there are free apps and podcasts to help. (Calm, Breathe, Headspace, etc)

YOU ARE kind
YOU ARE smart
YOU ARE important ♡

IT'S OKAY TO GO AT YOUR OWN PACE