

The Stress Management Committee would like to welcome you to the new academic year at ABRHS. Our committee was formed last spring to address the issue of student stress at AB. Based upon the results of student and faculty surveys conducted last May and June, we are working with the administration to implement changes to school policies and practices that contribute to stress. If you are experiencing stress in your life, we would like you to think about decisions you can make to be healthy.

Top Ten Ways to Manage your Stress

1. ***Get enough sleep.*** Studies prove that teenagers need 8-9 hours of sleep per night. Try to set a reasonable bedtime to avoid taking late afternoon naps which alter your sleep schedule.
2. ***Get exercise.*** Physical activity will help you sleep better and feel healthy.
3. ***Eat nutritious meals and restrict the amount of caffeine in your diet.*** Caffeine is a stimulant which affects your nervous system and your sleep. Experts strongly maintain that eating healthy meals, including breakfast, improves academic performance and well-being.
4. ***Limit multitasking.*** Studies prove that trying to do more than one thing at a time reduces memory retention and is not efficient. This means while doing homework turn off your cell phone, IM's, Facebook, etc.
5. ***Limit extracurricular activities.*** Extracurricular activities are great when they are enjoyable and stress relievers. If the time commitments of your extracurriculars are affecting your academic performance and well-being, reexamine your priorities.
6. ***Don't procrastinate.*** Procrastination is stressful and can lead to feeling overwhelmed. Break long term projects into manageable chunks and use your directed study/free time in school to complete daily assignments and to keep up with your reading.
7. ***Take time to breathe.*** When feeling stressed, most people tend to breathe short, shallow breaths. This causes muscle tension. Monitor your breathing throughout the day and if you are tense, take several deep slow

breaths and relax all your muscles. The school nurses have set aside a small room in the health office for relaxation and stress reduction. Stop by and visit.

8. **Communicate.** Keep lines of communication open with your teachers, your counselor and your parents as well as your friends. Discussing your problems can help clear your mind of confusion so you can concentrate on problem solving.

9. **Challenge yourself academically, but be realistic about your abilities and personal goals.** Teachers are here to help you reach your potential but everyone is an individual and ultimately you will need to find the right balance between academics, extracurricular activities and personal needs to meet your goals.

10. **Be optimistic.** Forgive yourself and others easily; most people are doing the best they can. A positive attitude will enhance your high school experience.

If you have any questions, please contact any member of our committee.

Sincerely,

Ms. Leavitt, co-chair, World Language Department

Ms. Maxwell, co-chair, Mathematics Department

Mr. Chicko, Counseling Department

Ms. DeBlois, World Language Department

Ms. Gardner, World Language Department

Ms. Gary, World Language Department

Mr. Goldner, English Department

Ms. Jeanotte, Special Education Department

Ms. Kennedy, English Department

Ms. Mackay, Art Department

Ms. McGovern, School Nurse

Ms. Meade-Warren, School Psychologist

Mr. Montalbano, Mathematics Department

Ms. Saniuk, Science Department

Mr. Ryan Steege, Social Studies Department