



# Stress Relief/ Organization

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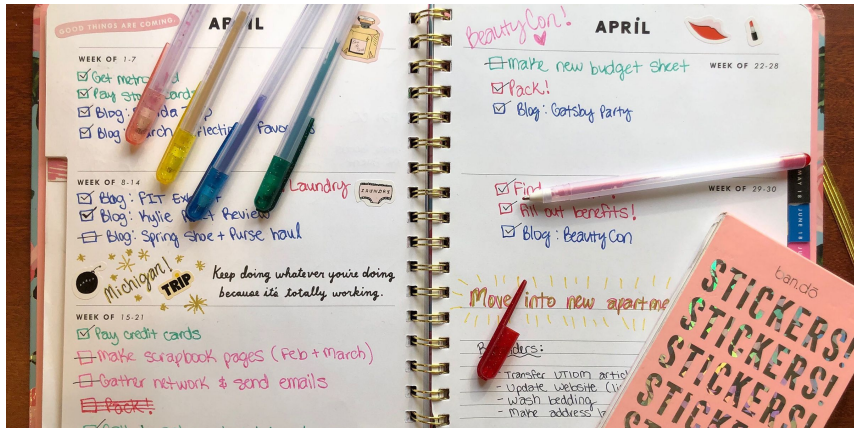




Breathe  
IN



# Using a Planner/To-do List/Calendar



- School
- Clubs
- Extra
- Work
- Sports
- Other

Prioritize!

Mini Deadlines  
Along the Way

# Active Procrastination



# Take Breaks When Needed!

- Spend time with friends/family
- Play a game
- Watch TV/Movies
- Prioritize yourself



# Calming Yourself Down



- What is in/out of your control
- What is the worst that could happen?
- One step at a time



5-MINUTE

*Morning  
Yoga*



Thank you for coming!