



Guide to Thrive

For Freshman

ACADEMICS



SOCIAL LIFE

ACTIVITIES



Your journey to and through high school is really important and can feel both exciting and stressful. There are 3 areas where you will be focusing most of your time and energy as a high school student:

ACADEMICS

SOCIAL LIFE

ACTIVITIES

Maybe you're looking at one area and thinking, "I got that covered", while another might feel overwhelming. Well, here you are going to read some tips to help you prepare.

Academics, relationships and activities can all feel overwhelming at times. It's important to know how to manage stress and care for yourself. There are two types of stress:

Healthy Stress

- Helps you do well under pressure
- short-term
- motivates you towards goals
- focuses your energy
- Alerts you to a problem you need to handle
- Pushes you to study, plan and prepare.
- Reflects that something or someone is important to you.
- Challenges you to grow.



Unhealthy Stress

- Can be short- or long-term.
- Is perceived as outside of our coping abilities.
- Makes it difficult to focus.
- Decreases performance.
- Can cause persistent anxiety or low mood.
- Can cause you to isolate or feel alone.
- Can feel overwhelming or unmotivating
- Can cause fatigue
- Can create agitation.



ACADEMICS

Your body uses a ton of energy when you are in high school, just from learning alone. The more you are involved in, the more fuel and rest you might need.

Start your day with intention: Make time to eat breakfast, notice what you are feeling and set your goals.

Fueling Your Body and Mind



Get plenty of sleep, at least 7-8 hours each night

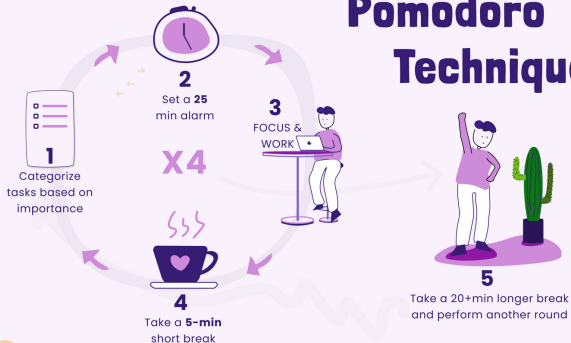
Fuel your body and brain with foods that sustain your energy, like protein, healthy fats and complex carbohydrates

Include movement or exercise into each day to boost your energy and improve your mood

Avoid tobacco, alcohol, and substance use. They compromise memory and focus and can create more problems and stress.

A STUDY OR HOMEWORK PLAN

Our brains and bodies don't function well under extreme conditions or expectations. The Pomodoro Technique is a study strategy that has showed great success for perfectionists, procrastinators and everyone in-between.



Pomodoro Technique



ACADEMICS

stretch
your
body

Take a
walk

Draw or
color

Plan
something
fun to do
after exams

Stand and
shake out
your hands
and feet

Sit outside
and tune into
nature sights,
sounds,
smells and
textures

MINI BRAIN BREAKS (1-5 MIN)

Eat a snack

Spend some
time with
someone
encouraging

Dance to a
high energy
song

Place one
hand on your belly,
breathe and focus
on your breath for
1 minute

Drink a
glass of ice
water

Use imagery
to visualize
safe spaces

TIPS FOR MAKING NEW FRIENDS

1

Be Yourself

Find people who like you for who you are, and vice versa.

3

Find Common Interests

The reality is there's someone for everyone.

Sharing interests can connect you with like minded people. Ask questions to get to know someone.

5

Be Approachable

Commenting out loud about the room, scenery, or cracking a joke invites people in. Just saying, "hello!" or giving someone a compliment can do wonders.

2

Try New Things

Take a risk and try to get to know someone. It's okay to try and fail, and then keep trying. It can take time to build a connection with someone.

4

Talk to New People

Take chances; socializing involves effort. Anything can be a conversation starter. You might be surprised by who you connect with if you step out of your comfort zone.



HOW GETTING INVOLVED IN ACTIVITIES IMPROVES WELLNESS



You get to know yourself better and build confidence.

You connect with other people, which can help
you feel supported and less lonely.



Teens who participate in activities and hobbies
have better mental health outcomes.

Practicing getting out of your comfort zone helps
you adapt to changes and cope with challenges.



You will feel more connected to school, want to
come more and feel more motivated.

WORDS OF ENCOURAGEMENT FOR MYSELF

Its okay to pace myself

It is normal to feel nervous or uncomfortable

I will adjust and find belonging

I am intelligent and able to learn

Failure and mistakes are a part of learning.

Perfection is unfair and unrealistic

Stress reminds me to slow down and check in with myself

I can ask for help

I am doing what I can and that is amazing

I am capable; I can handle this

I am worthy of patience and compassion

Reaching out for Support

IF YOU EVER FEEL OVERWHELMED TALK TO AN ADULT
THAT YOU TRUST.

FOR WELLNESS SUPPORT AND RESOURCES, TALK TO AN
ADULT AT SCHOOL OR USE ONE OF THE TEXT/HOTLINES
REMEMBER THAT YOU MATTER!

- TEEN LINE: TEXT TEEN TO 839863
- CRISIS TEXT LINE: TEXT HOME TO 741741
- NATIONAL MENTAL HEALTH ALLIANCE (NAMI):
TEXT NAMI TO 741741
- NATIONAL SUICIDE PREVENTION LIFELINE: TEXT OR
CALL 988
- SUBSTANCE ABUSE AND MENTAL HEALTH
ADMINISTRATION (SAMHSA): SAMHSA.GOV
- THE TREVOR PROJECT: CALL 1-866-488-7386 OR
TEXT 678-678

