

TIPS ON HOW TO COPE WITH SCHOOL WORK

Make a school work schedule

Divide it into smaller parts and conquer them

Prioritize your tasks

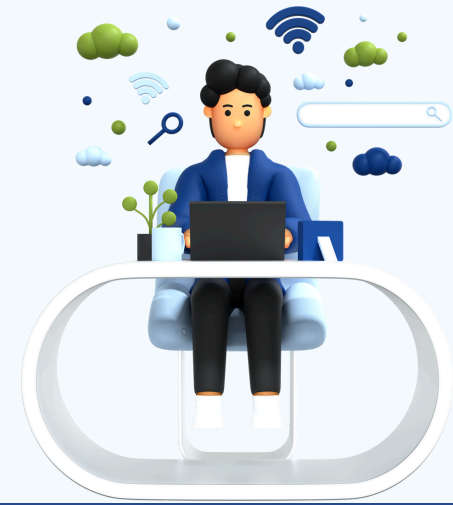
Take deep breaths, calm your mind and exercise

Eat, rest and sleep well

Talk to a trusted adult



TIPS FOR SUCCESS IN COPING WITH SCHOOL WORK



Stop procrastinating. Write down the tasks and assign a deadline to each task.



For example, write 50 words in 10 minutes. Write another 50 words in another 10 minutes. In 30 minutes, you will complete 150 words of a composition.



Complete the task you need to submit first. Then, do the next task on the list to meet the next deadline.



Practice mindfulness. Breathe in 4 seconds; hold your breath for 7 seconds; and, exhale for 8 seconds. This helps you enter a state of deep relaxation.



A healthy diet boosts our immune system and a good sleep of 9 to 11 hours allows us to have supercharged concentration and productivity.



Your first point of contact should be your parents or teacher. Tell them your struggles and concern. Listen to their advice and act responsibly.

