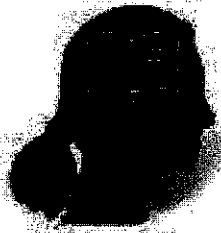


Surviving & Thriving in MIDDLE SCHOOL TIPS

- #1 FOLLOW YOUR CURIOSITY & try out new activities, clubs, and sports offered in middle school. Not only will it expand your horizons, but it's a great way to meet new friends.
- #2 USE A PLANNER. Using a planner will help you stay organized with homework & project due dates, test dates, and your daily schedule.
- #3 DO YOUR HOMEWORK so you don't fall behind. Homework is intended to help you review important concepts and learn new skills. Plus, it sends the message to your teacher - and yourself - that you value your education.
- #4 ASK FOR HELP when you need it! This is an important skill, even for adults. Figure out who can support you with academic, social, and/or personal challenges and reach out to them.
- #5 When having to make a difficult decision, like what to do when faced with peer pressure, LISTEN TO YOUR WISE VOICE WITHIN. Ask yourself: is this safe, will someone get hurt, or what could be the consequences? Then make a decision that honors your values and empowers you to live your best life.
- #6 TAKE GOOD, KIND CARE OF YOURSELF. This includes eating healthy, drinking lots of water, and getting at least 8-10 hours of sleep each night.
- #7 JUST BREATHE. Middle school can be a wonderful, exciting time in your life. And there may also be moments when you feel overwhelmed with all the changes taking place. So slow down. Take it one step at a time. Practice healthy coping strategies. And breathe.
- #8 REMEMBER THAT YOU MATTER, BELONG AND ARE JUST RIGHT JUST AS YOU ARE. SO STEP INTO YOUR POWER AND BE YOUR BRAVE SELF!

STRESS THINKING TRAPS FOR TEENS



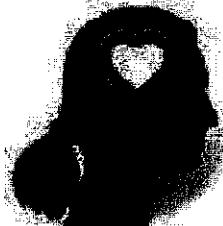
MIND READING: You assume you know what people thinking without having evidence or proof of their thoughts. "He thinks I'm an idiot." "I'm not going to make the team"

FUTURE TELLING: You predict the future – that things will get worse or that there's danger ahead. "If I go, people will make fun of me." "If I talk, I will mess up and not say what I mean."



CATASTROPHIZING: You believe what might happen will be so awful and unbearable that you won't be able to stand it. "It would be terrible if I failed." "If I make a bad grade then I will never get into a good college."

LABELING: You assign general negative traits to yourself and others. "I'm disgusting." "He's horrible." "She's irrelevant."



DISCOUNTING THE POSITIVES: You claim that the positives that you or others have don't matter. "That's what I'm supposed to do, so it doesn't count." "Those successes were easy so they don't matter."

NEGATIVE FILTER: You focus almost exclusively on the negatives and seldom notice the positives. "Look at all the terrible things on the news." "Girls never have anything nice to say."



OVERGENERALISING: You perceive the likelihood of a negative outcome based upon a single incident. "I fail all the time."

ALL OR NOTHING THINKING: You view events or people in all-or-none/black-and-white terms. "It was a waste of time." "I get rejected by everyone." "Nothing ever goes my way."



SHOULD: You interpret events in terms of how things should be rather than simply focusing on what is. "I should do well; if I don't, I'm a failure." "My friends should include me."