

# SVMS

## Counselor Newsletter

March 2024



### SAVE THE DATE:

#### March 1st

First day of Related Arts cycle 3

#### March 10th ☀️

Daylight Saving Time starts

#### March 28th-April 1st

Spring Break Vacation

### COPING SKILLS RESOURCES:

[101 Effective Coping Skills for Teens](#)

[CNUUSD Virtual Calming Room](#)

[10 ways to Manage Everyday Stress](#)

[9 Simple Stress Relief Techniques](#)

Let's talk about:

## STRESS MANAGEMENT

Life can be stressful, it's unavoidable for teenagers. It's not always the big things that get us, but sometimes the ongoing daily pressure that really gets in the way. Managing stress is essential to maintain good physical and mental health. Read more about [Stress Management: Causes, Signs, and Tips](#).

### ACTION PLANNING:

There aren't many quick fixes when it comes to reducing stress, but there are steps you can take including Tackling the Problem, Taking Care of Your Body, Dealing with Emotions, and Making the World Better. Read more about [Creating Your Personal Stress-Management Plan](#).

### TEST PREPAREDNESS:

PSSA tests are coming up in April. Here are [6 Ways to Study Better for Tests](#). Preparing for exams isn't just for students. Parents, here is an article on ways you can [Help Your Child Prepare for Standardized Tests](#).

### ORGANIZATION SKILLS:

When things are unorganized, higher rates of distraction and stress are reported. Here are [7 Organizational Skills to Teach Your Teen](#). Implementing small changes can go a long way towards reducing stress, boosting academics, and setting the stage for greater life-long independence. **What changes will you make to get organized?**