

# IB Stressed!



## Just Jitters

If you are a student in an IB high school you are probably suffering from a major case of stress. You are not alone. Stress strikes everyone who is trying to meet the challenges of an IB high school. If you don't believe us, just take a few minutes to visit the site [www.ibscrewed.net](http://www.ibscrewed.net), a site "for IB teens around the globe to join together in their frustrations and to let loose of some steam." The site was created by an IB graduate who knows just how you feel. The resources link has some sound advice, and you will quickly discover other IB students who are suffering from similar stress and worry. You'll feel much better when you realize you aren't the only one feeling somewhat overwhelmed.

## Typical Teen Trauma

Part of what you are experiencing is typical teen trauma. Right now you are facing the biggest performance challenge of your life. Perhaps this is also the first time that your folks can't help with homework. Maybe the first time that you've had to prove yourself over an extended period of time....

So, you doubt yourself. That's pretty typical.

Now toss in all of the other non-academic stressors: like fitting in, volunteer work, boyfriend/girlfriend relationships, holding down a part-time job, peer pressure, and the physical changes experienced by all teens. This is an overwhelming amount of stress that teens must face every single day. No wonder you are anxious ridden and perhaps spilling tears.



## Stress Survival Skills



Stress is something that you will face in any university and at every future job. It's simply a part of adult life. Learning how to deal with stress is a vital life skill. The sooner you learn this skill, the quicker your confidence will return, and the faster you will be able to shrug off stress.

Remember: Stress is normal in adult life. Learning to deal with stress is a life skill. Practical ideas on how to de-stress can be found on the back of this page. Check them out!

## IB Stressed

Every teen needs to learn how to manage stress and how to find a healthy balance in their life. Here are some simple but highly effective stress management skills you can incorporate into your stressed-out life:



- ◆ Focus on things you can control and let go of things you cannot. It's not as easy as it sounds. However, the moment you find one thing you can control, you will feel empowered and able to relax a bit.

- ◆ Talk to an adult. Share your concerns and your worries with a parent, a guidance counselor, social worker, or teacher you trust. You can always talk to friends, but their own stress levels may leave them unable to truly listen to you and help with your problems.

- ◆ Sleep. Your body and brain desperately need plenty of rest to perform well. Staying up late at night to finish a project or review a lesson "one more time" only drains you. A sleep-deprived brain cannot think clearly nor deal with emotional turmoil. So, go to bed!

- ◆ Forget about being perfect. No one should aspire to that foolish goal. Focus on your work; then simply do the best you know how and let the rest go (along with your anxiety).

- ◆ The best way to wear off stress is to get physically active. It really doesn't take much time - just a 15 minute brisk walk or shooting hoops for awhile. Do something,

anything physical for a quick release from stress. Your brain and body will thank you for it.

- ◆ Think positive things about yourself. Stop beating yourself up when you botch a test. We all make mistakes sometime, but overall you're doing a great job!

- ◆ Eat something – anything – before arriving at school. Your body and brain need nourishment to stay sharp and on task. It only takes 3 minutes to grab a bite to eat.

- ◆ Trust yourself. We almost always sell ourselves short and underestimate our capabilities. Take some deep breaths to calm down, and simply trust yourself.

- ◆ Schedule breaks and enjoyable activities into your day. Listen to music (without reviewing class notes); socialize with a good friend (without talking about classroom events). Make plans to do something you really enjoy on a regular basis. We all need to have fun in our lives!

- ◆ Accept yourself as you are. Take a few moments to remember some of your strengths. Remember that no one is perfect and only fools set themselves up for perfection. You are doing really well just as you are.

The Reagan High School staff truly wants you to succeed. We don't want any student to feel that they are incompetent or incapable. Don't keep your worries bottled up or your frustrations hidden. We encourage you to talk to us whenever you feel overwhelmed by stress. We can offer you help during ELOs and in after-school meetings.

Remember that stress happens to all of us and sometimes we need help and support from adults. We encourage you to talk with any teacher you like, a guidance counselor or with any school staff member for added support and helpful feedback.

So, take a deep breath and relax a bit. You'll make it through this year, and we will see you graduate from our IB program.