

Tools for School



The Back to School Plan: Parenting strategies for teen depression and anxiety

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BACK TO SCHOOL



12

12 tips to help you transition back to school. One tip and one small action each day will create a very solid foundation for a successful year.

*Here's to a year of
wonder and good
health,
Dynell*

your study space

MAKE IT SPECIAL* MAKE IT YOURS!



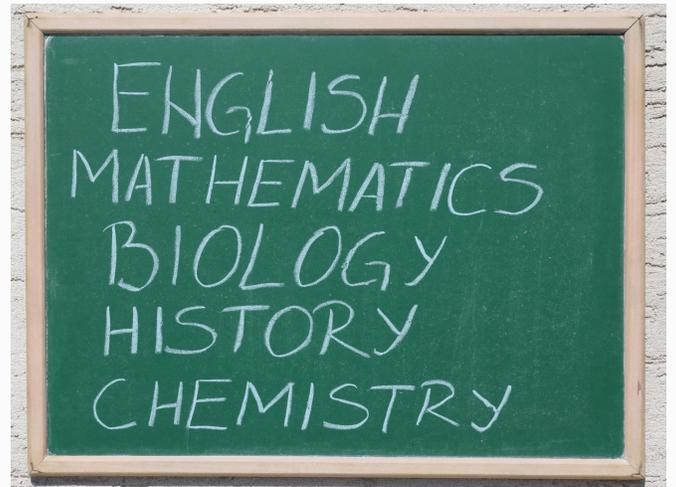
day 1: studying in one designated place helps you focus, which means more time to do the fun stuff

Your logn

your class list

PRINT YOUR CLASS LIST & PUT A...

- 1 by the classes you like
- ★ by the classes that will be easy peasy
- ✓ by the classes that will require some support



What type of support would be most helpful? Be specific.
Write it down. Share it with a trusted adult.

day 2: knowing where to go for help - before you need it - is always a good idea! Be proactive.

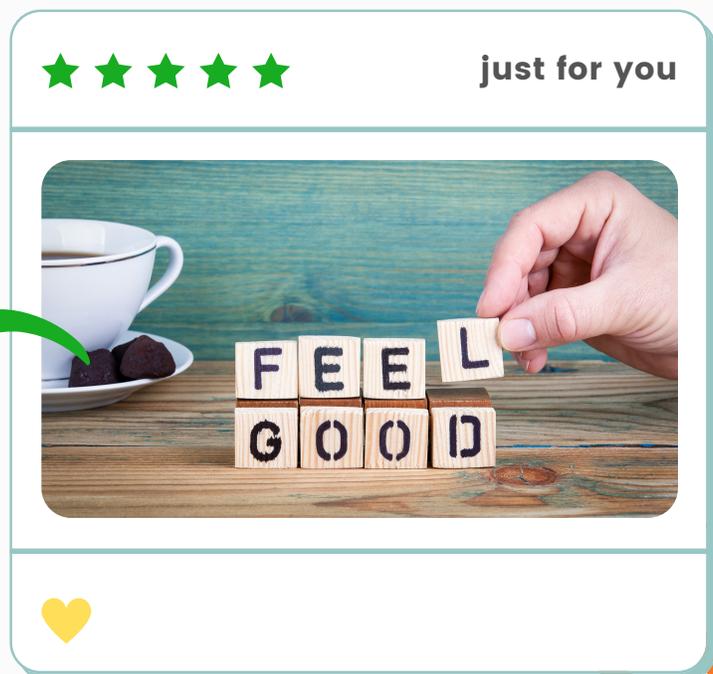
your positive emotions

FEEL BETTER STRATEGIES

yes

this can help you overcome difficulties

- Joy
- Gratitude
- Serenity
- Inspiration
- Hope
- Love
- Awe
- Amusement
- Interest
- A sense of pride



day 3: what do you need more of in your life? write down 3 feelings you would like to experience more often



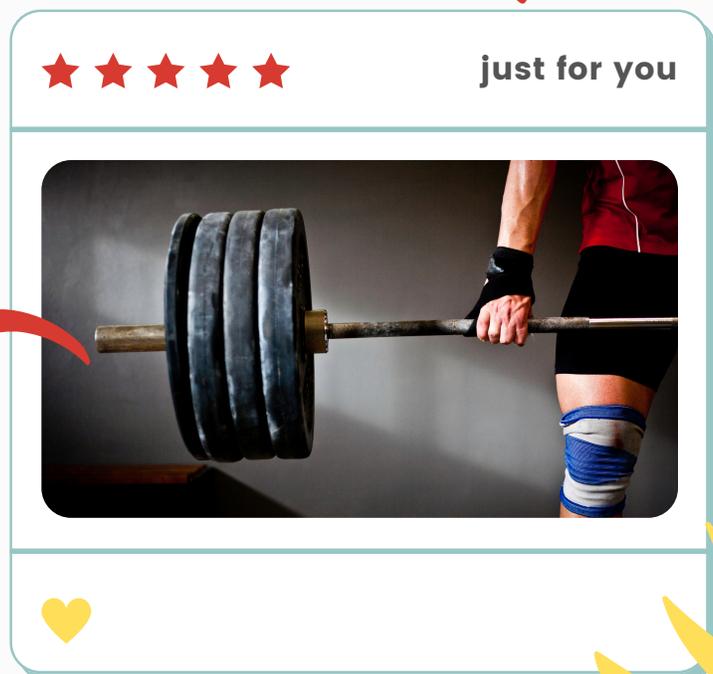
positive emotions (con't)

IT'S A MUSCLE YOU HAVE TO STRENGTHEN

yes

look for what's good...

- what brings you joy?
- what songs do you like?
- what pictures or memories make you smile?
- what are you grateful for?
- what are you proud of?



day 4: today make a list of answers and refer to it when you need a positive boost...this stuff really works!

your daily schedule

AN ORGANIZED SCHEDULE KEEPS STRESS DOWN

DAILY PLAN

DATE _____

TODAY'S SCHEDULE

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
6-7 PM	
7-8 PM	
8-9 PM	

TOP PRIORITIES

TO DO LIST..

-
-
-
-
-
-
-

FOR TOMORROW..

NOTE..

include your classes

add after-school activities

plug in homework time (at least 2 hours)/night

add your chill time

day 5: create a schedule to help you stay on top of your work and protect your chill time...work when you should so you can chill without worry.

keeping your cool



sometimes we have bad moments and don't even know it...we just react.

instead, right after a tough moment, jot down what you were thinking and then name the feelings. **do you see emotional patterns?**

day 6: thoughts lead to feelings, feelings lead to actions. So, clue into your thoughts and feelings to avoid reacting.

how's that schedule?

DAILY PLAN

DATE _____

TODAY'S SCHEDULE

6-7 AM	
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TOP PRIORITIES

TO DO LIST..

-
-
-
-
-
-
-

FOR TOMORROW..

NOTE..

going great or a hot mess?

anything you need to change?

Google calendar or the one on your phone works well too.

try to be disciplined. It relieves stress when you have a plan.

day 7: structured days help manage stress because you know what to expect...keep tweaking until you nail it.

how will you stay organized?

make sure you have a:

- planner or list of all homework assignments and due dates
- daily list of homework assignments due the next class
- list of missing assignments and a plan to turn them in
- list of assignments to resubmit for a higher grade
- calendar to track deadlines for papers, tests, projects, large reading assignments



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day 8: keeping track of all of the pieces can be very tricky. email us if you need help getting organized.



90 seconds

it only takes 90 seconds to tame our crappy feelings. notice it. name it, "I am really angry," and don't try to change it. now watch it pass.

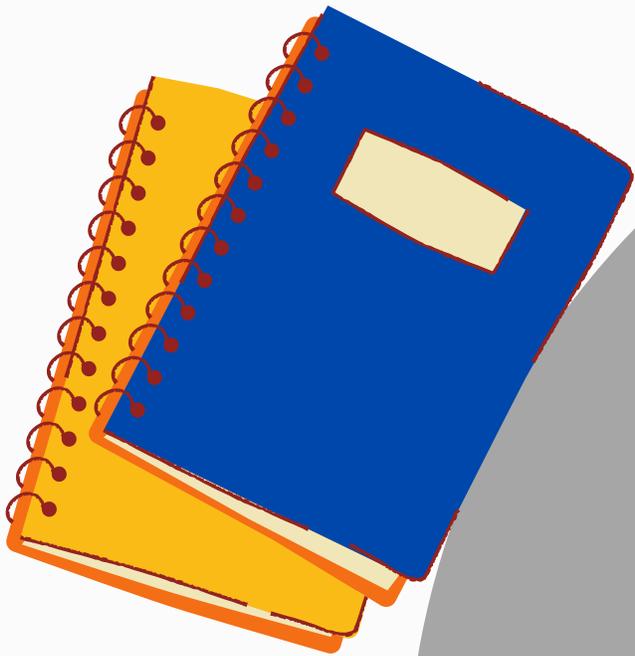
EMOTIONAL DISTRESS

we all have to tolerate a certain amount of emotional discomfort..the more we face it, the more powerful we become...



day 9: use your phone timer to feel 90 seconds. does it feel like a long or short time?

homework rules



- always have a plan
- use your study space
- make a list of what you will work on now
- estimate how long each task will take
- gather your supplies
- work for 20 minutes, take a 5 minute break
- repeat 20-5 until you finish

day 10: homework can be a real pain, so don't waste time...take a moment to plan your work

your own advocacy



do you have an IEP or 504 plan? or receiving disability services? if so, know what's in your plan so you can remind teachers if you need to.

some students keep a copy in their backpack...just in case

day 11: you know best what helps you in school... make sure your voice is included in creating your plan.

y.o.u.

did it!

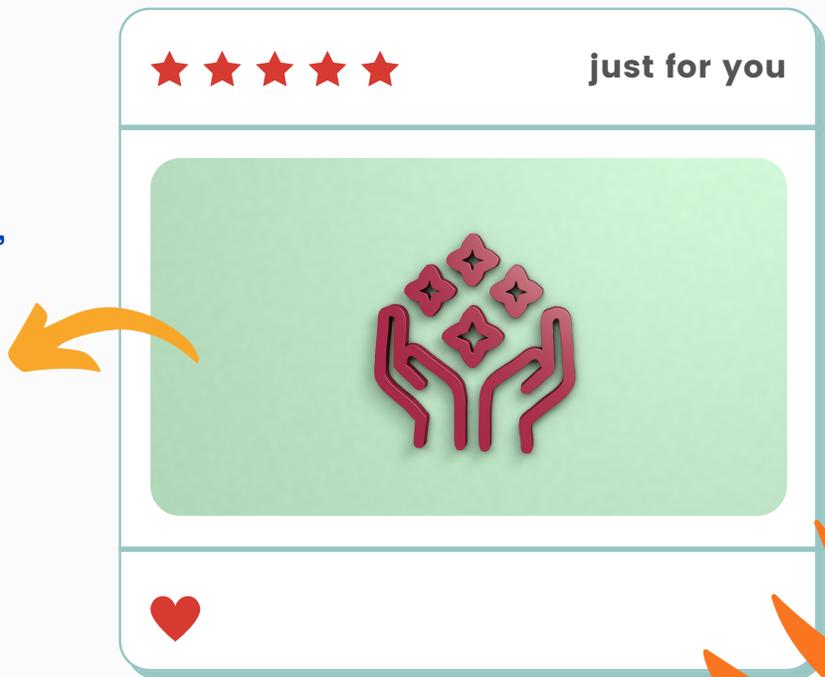
CONGRATULATIONS!

please know
that...

you are loved...

when things get tough,
people will support
you

your power is in your
decisions...we can
make a new one at
ANY time.



day 12: have a good school year...use your strategies...ask for what you need...know that tomorrow brings another chance to make a different decision.





We help teens who are managing depression or anxiety graduate! We believe:

- student "voice and choice" is important
- students can accomplish amazing things with the right support
- students don't often get to see how brilliant they are
- we need a new report card: one that values effort, persistence, courage, and self-advocacy.

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