



OKAY
LET'S
-DO-
THIS

Together

SCHOOL IS STARTING AND
WITH IT COMES **UNKNOWN.**
PRESSURE.
PEOPLE.
DEADLINES.

It can also bring opportunity,
wonder, adventure and fun.

Maybe this will help.



UNKNOWN *when you feel nervous...*

- **Be kind to yourself.** These feelings are normal and natural.
- **Share.** Tell a trusted adult or friend what you're feeling.
- **Regulate.** Know what calms you down and practice.
- **Get curious.** What is your body trying to tell you?
- **Grow.** What can you learn from this discomfort?

Reflection: Am I focused on worst-case scenarios? Are there potential positive outcomes, too? What am I trying to control and is that realistic? Could I be more prepared next time?

Come to me,
all you who are tired
and are carrying
heavy loads. I will
give you rest.

Matthew 11:28
NIRV

PRESSURE

when you feel like giving in or up...

H.A.L.T. Are you **Hungry, Angry, Lonely or Tired**? If so, focus on addressing that need. If it's more than that, then:

- **Share.** Tell a trusted adult or friend what you're feeling.
- **Reflect.** Where is the pressure really coming from?
- **Mindset.** Are you operating from a place of scarcity?
- **Grow.** Have reasonable expectations been set?

Reflection: Is persevering in this instance important? Why or why not? Am I letting people or circumstances define me? What does healthy self-care look like for me so I can remain flexible and brave during hard moments?

PEOPLE

when you feel like shutting down...

- **Go first.** Take a risk. Smile, ask questions, or fill a need.
- **Say thank you.** The adults in your school have feelings, too. Encourage a teacher, custodian, bus driver, etc.
- **Grow.** How can you stay curious about someone who is rude or unfriendly to you? Might there be something hard in their life that makes them that way?

Reflection: Am I struggling to find motivation to "do" any of these? What are the words I'm saying to myself - are they something Jesus would say or the enemy? In Jesus there's no condemnation so what would it look like to accept His grace?

DEADLINES *when you feel stressed...*

- **Break.** Press pause on everything, especially technology.
- **Share.** Tell a trusted adult or friend what you're feeling.
- **Prioritize.** What is essential? Focus on just the next step.
- **Assess.** What are you doing and why? What's missing?
- **Grow.** Are you saying "yes" too much? Think boundaries.

Reflection: Does my routine feed my mind, body and spirit? How can I create structure, yet remain flexible to adapt? Can I view this as an adventure and enjoy the positive moments?



**WE ARE HERE
FOR YOU.**

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Need a counselor? We have a list.

Thank you Tiffany Wild, counselor and YC leader, for contributing to this resource.

FINAL THOUGHTS

Night before...

Unplug, read Psalm 23, pray, pick out clothes, set alarm, go to bed on time.

Morning of...

Read Numbers 6:22-27, pray, brush your teeth, eat a healthy breakfast.

Week of...

Read Jeremiah 29:11, pray, help your family out in some way, reflect and adapt.

If crisis comes...

Untimely deaths and difficult, complex situations may require more care. Please, let's talk.