

Back to School Anxiety Support Guide

Starting a new school year can feel overwhelming. Here are a few ways students can manage stress and anxiety.

1

Build a Routine

Create a manageable schedule for sleep, schoolwork, meals, activities, and downtime.

2

Take It One Step at a Time

Break big responsibilities into smaller tasks. Focus on what needs your attention today—not everything at once.

3

Talk It Out

Reach out to someone you trust when school stress starts to feel overwhelming. You don't have to handle it alone.



Know the Signs of Severe School Stress

Watch for changes that interfere with everyday life, including:

- Frequent headaches or stomachaches
- Changes in sleep or energy
- Irritability, panic, or emotional outbursts
- Avoiding school or missing classes
- Declining grades or difficulty concentrating
- Withdrawing from friends or activities
- Difficulty managing everyday responsibilities
- Persistent anxiety or feelings of hopelessness
- When More Support Is Needed