



CREAN LUTHERAN HIGH SCHOOL

'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11

Being a student is hard, even for those who enjoy the flexibility of a fully online education. In fact, many online learners face challenges traditional students don't. Here are a few tips for finding balance during this transitional time.

1. **Prioritize Prayer** - At the core of many relaxation routines is prayer, but where should you start? Most involve focusing on a single point, such your current thoughts and feelings. Be intentional about the things you pray about and submit your requests to the Lord.
2. **Be Mindful** - Mindfulness, or a state of active attention in the present, has come to the forefront in recent years as a core component in mental health. It can help you focus on the here and now, form memories, and slow down your thought processes.
3. **Eat Right & Exercise** - We know this one's easier said than done, but the basic components of healthy living have a significant impact on physical and mental health. Meal planning and setting scheduled exercise time can be great ways to get into a routine.
4. **Rest** - Getting enough sleep has serious benefits, from reduced stress levels to a healthier body. But when you're juggling work, school and family, how can you reliably get the recommended 7-9 hours a night? Follow these **tips for getting a good night's sleep**.
5. **Socialize** - It may be hard to remember with so much to do, but it's important to set aside time to spend with friends, whether it's talking on the phone, or FaceTime, or sharing a virtual cup of coffee. Socializing during this specific time will be a bit different, but connecting with other is important.
6. **Set Realistic Goals** - Don't stress if you can't achieve everything all at once. The best way to ensure you're hitting your goals is to make them challenging but reasonable – things you can accomplish without sacrificing the other items on this list!
7. **Make Time For Fun** - Have a favorite activity that helps you unwind? Make time for your hobby. Mental health experts agree that penciling yourself in for some "me time" is an important part of anyone's life.
8. **Get Out Of The House** - If you're able, go outside for some of the items on this list. According to **Business Insider**, taking a walk in the wilderness or doing a yoga routine in the sunshine can offer surprising health benefits.
9. **Go Easy On Yourself** - It's often easy to forgive loved ones for forgetting to finish a task or forgetting an appointment. But why are we often so hard on ourselves? It's important to hold ourselves accountable, but studies have also shown that **self-compassion is an important part of good mental health**.
10. **Ask For Help** - Whether it's calling your Counselor, Teacher, or talking to a loved one, or seeking assistance from a therapist, there is nothing wrong with asking for help. Crean Lutheran High School students have access to comprehensive counseling and support services even during a time of remote online learning!

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