

Feeling Stressed? 6 Ways to Avoid Burn Out This School Year

**HELLO GIGGLES**

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Sometimes school can be stressful. When the homework, quizzes, essays and tests start to pile up, it's easy to feel overwhelmed and completely lost. But, freaking out and constantly stressing about your workload is not going to make life any easier. While it's impossible to completely avoid stress, these tips will help you take your stress levels down and conquer even the most anxiety-inducing assignments.

1. Get Your Body Moving



Working out or playing a sport at least once a week can help reduce stress. Even taking daily 30 minute walks can be helpful. Being active will kick your endorphins into high gear and give you all the good feels. So, step away from the computer or textbook and get your heart pumping.

2. Keep Everything Organized



Disorganization can contribute to stress. Let's face it, having loose papers, opened snacks and a gazillion sticky notes everywhere is not the ideal space to be productive. It's important to keep your work environment organized and also figure out a system to manage all your assignments and materials.

Luckily, Five Star® notebooks, folders and binders make organization a total breeze. Not only do they look nice (have you seen all the colors!?), but they're also guaranteed to last the whole school year so you don't have to worry about replacing them.

3. Find Your Inner Zen

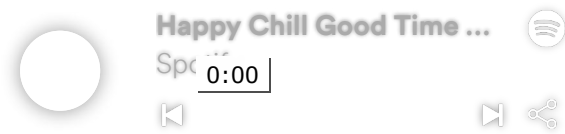


Mediating is one of the best ways to chill yourself out. It may feel strange to do at first, but once you get going, you'll feel your stress melt away. Now go get your "Ommmm" on. Who knows, maybe you'll become a regular meditator?

4. Listen to Some Jams



Listening to music can help lower your stress levels and put you in a better mindset. I mean, who doesn't feel instantly happy when they hear their jam come on? So put your favorite playlist on and enjoy the good vibes. If you need some recommendations, check out this compilation of chill tunes.



- 1 Look What You Made Me Do 3:31
Taylor Swift
- 2 Coloring Outside The Lines 3:51
MisterWives
- 3 Capsize - Stint Remix 4:05
FRENSHIP, Emily Warren, St...
- 4 Location 3:37
Khalid
- 5 High And Low 3:44
Empire of the Sun
- 6 Wild 4:13
Kidswaste, Khai

5. Give Yourself Multiple Mental Breaks



When you're stressed, you think getting everything done at once will help take the pressure off. But, you're likely just going to burn yourself out. You should instead take a few breaks to let your brain recharge. That way you'll come back to your work feeling refreshed.

Go run some errands, read a book, watch an episode of the show you're currently bingeing or maybe organize your thoughts in a journal. Writing down everything you've been keeping bottled up can help you problem solve

and strategize. Bonus tip: use one of your Five Star® Notebooks so you don't have to worry about the ink bleeding through.

6. Get Enough Beauty Rest



Stress can keep you up at night and totally mess up your sleep schedule. When you're tired, you're not as productive, which can lead to even more stress – it's a vicious cycle. So, it's important to get those Zzzs in! An hour before bed, turn off all your electronics and sign off from social media (we know it's tough). That will help make it easier to drift off when your head hits the pillow.

Being a student is hard work and as much as we try avoid it, stress is inevitable. But you shouldn't let it completely weigh you down. Keep the

above tips in mind whenever you start to feel overwhelmed and use them to help kick your stress to the curb.

