



What We're  
Reading...



**News Article:**  
[Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?](#)



**Test Anxiety:**  
[Test Anxiety Booklet](#)

[Exam Success: Guided Meditation](#)



**Web Article:**  
[Perfectionism in Teens](#)



<https://infoaboutkids.org/>  
<https://youth.anxietycanada.com>

## Resources at Tesla STEM

Mindfulness Club! Mon.  
@ lunches

[Make an appointment to see your School Counselor](#)

Y.E.S. Licensed Mental Health Counselor on-site @ STEM on Fridays (by referral)

Check out even more web resources on our [PowerSchool page!](#)

## From the Counseling Corner... a note on spring stress

### Dear STEM Families,

The snow is melting, the flowers are blooming, and sunshine is finally in the forecast. Across the country, students are anticipating spring break, studying for midterms, and trying to find time to build their own identity, socialize, and sleep. We want to empower our students with resources and tools to help them learn how to melt away the burden of any excess stress, which can hinder their ability to bloom and shine as beautifully as a Seattle spring day.

Stress and anxiety are normal and universal feelings, however, too much unmanaged anxiety can have both immediate and long-term negative impacts. High School is a good time to pay attention to how a student copes with normal or heightened anxiety. We believe learning and practicing practical skills to manage anxiety now (while students have the support and presence of family, close friends, and a small school environment) is just as important as any grade in an academic course. Healthy anxiety, for example, might look like feeling nervous in anticipation of a test; resulting in making a study plan a few days in advance to prepare. Unhealthy anxiety may lead to studying excessively, not sleeping, feeling sick, avoiding, and/or freezing up during the test. Unhealthy anxiety may lead to shutting down or panic. Healthy anxiety can lead to positive action. Other common anxiety-inducing situations include performances and presentations, college admissions, social situations, and more. While most of these situations themselves are unavoidable, there are many anxiety-alleviating strategies which focus on things within your control!

“Anxiety is an emotional and physical state of preparedness that anticipates a potential stress or threat...Anxiety can be beneficial...in moderation, it allows individuals to prepare for upcoming stressors and function well. However, when anxiety gets too high or is misdirected it can limit functioning and lead to significant emotional or physical discomfort.”

KENNETH GINSBURG, MD; SARA KINSMAN, MD, PH.D.; AND THE AMERICAN ACADEMY OF PEDIATRICS

### Practical and Simple Tips to Help Alleviate Your Stress Today

- **Assess and adjust [healthy eating](#) and [sleep habits](#)** as needed. Parents, check out these [10 Tips to Help Your Teen Sleep Better.](#)
- **Learn and practice [Breathing](#) and [Grounding Exercises](#)** to help control your stress-response system in the moment.
- **Learn and practice [Mindfulness](#)**; a research-based, easy-to-learn technique. We like the free exercises on [Headspace](#) and [Stop, Breathe, Think.](#)
- **Practice [challenging your thinking](#)** and countering any unrealistic or catastrophic thoughts.

If you are concerned that your student is fighting or coping with unhealthy anxiety which negatively impacts their daily ability to learn or function, **please consult your doctor for recommendations.**

**Disclaimer:** The information in this document is for informational, outreach purposes only, and is not intended to provide diagnosis, treatment, or medical advice. There is no substitute for professional, medical advice.