

A Simple **BACK-TO-SCHOOL MENTAL HEALTH CHECKLIST**

PREPARATION & SETUP (BEFORE SCHOOL)



- **Adjust Your Sleep Routine** (Gently shift bedtime earlier)
- **Create a Calm Space** (Tidy room & desk)
- **Find Your Support Team** (Identify 2-3 trusted people/counselors)
- **Set Realistic Expectations** (Focus on showing up, not perfection)
- **Pre-Plan Your Mornings** (Pack bag and clothes the night before)



DAILY ROUTINE & SELF-CARE



- **Build Buffer Time** (Avoid morning rushing)
- **Protect Downtime** (Schedule relaxing, unproductive time)
- **Brain Dump Nightly** (Write down worries or to-dos)
- **Learn to Say "No"** (Avoid overcommitting initially)
- **Prioritize Fuel & Water** (Stay nourished and hydrated)



SIMPLE DAILY REFLECTION QUESTIONS

- **Am I holding physical tension?** (Unclench jaw, drop shoulders)
- **What can wait until tomorrow?** (Reprioritize tasks)
- **Have I taken a few deep breaths?** (Pause for mindfulness)
- **Is this a temporary feeling or a big issue?** (Keep perspective)

Be kind to yourself through this transition.