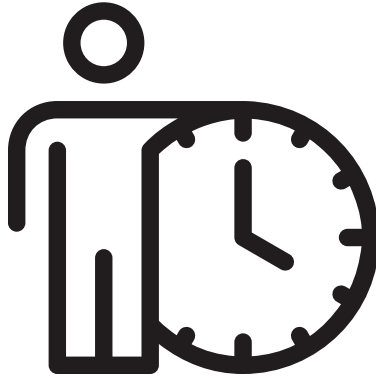




TIPS FOR THRIVING WHILE LEARNING REMOTELY

Establish a Routine

- Set a daily schedule.
- Get up and go to bed at your regular time.
- Keep showering and eating well.
- Make time for school, work, chores, relaxation, family and friends.
- Allow yourself to step outside (respecting physical distancing), exercise, or find other ways to relax and regain your focus.



Set Yourself Up for Success

- Create a positive work space. Avoid studying in your bedroom as your brain associates it with sleep.
- Make sure everything you need is at your fingertips.
- Know yourself. Do you concentrate better in the morning, afternoon or evening? Study the hard stuff when you can concentrate best.
- Create a parking lot to “park” (jot) your intrusive thoughts when they pop in your head and then put them aside to look at later.



Staying focused

- Make a to-do list.
- Chunk your tasks into smaller manageable goals. Pick a task, like a certain number of questions or a chapter to read or set a timer for 20 minutes.
- Start with the easiest task to get warmed up and to motivate you to keep going.
- Use a first-then approach (e.g., first, I will do math, then I'll take a break).
- Wear noise cancelling headphones or make a playlist of instrumental music reserved for studying.
- Try having a virtual study buddy



Problem Solving — Get unstuck

1. Define the problem. Do you have control over this problem?
2. If you do, brainstorm possible solutions. If you don't, what can you do to cope?
Coping Strategies
3. Choose the best solution and make a plan.
4. Try it. See if it works. If not go back to another idea



Ask Questions and Check In

Stumped by something? Don't be afraid to ask for help. Teachers are there to support you with your academics. Email or ask questions in your online classrooms. This situation is new for all of us, and there will be plenty of questions that arise.

Who can you ask for help?

- Teacher
- Parent
- Sibling
- Classmate



Positive Self Talk

- What types of messages are you giving yourself?
- Talk to yourself as you would your best friend.
- Be gentle with yourself, have self compassion.



Bust that Stress

It is a stressful time. Don't forget to take breaks.

Check out these resources:

[12 Instant Stress Busters](#)

[Self-Care-101](#)

Grounding Exercise

Manage your stress by anchoring yourself in the present.



Name 3 things you can:

- See
- Hear
- Smell
- Feel

Slowly breathe in and out 3 times.

Look for the Good

It's easy to get caught up in the negativity around us. Turn off the news and look for the good. Even though there are things you can't do right now, be thankful for what you CAN DO and think about what you are grateful for.



Gratitude Journal.

At the end of everyday, think of 3 things you are grateful for and write them down.

Pick one and visualize it- then talk to someone you care about.

Know it's OK to Feel Stressed or Anxious

Take things day by day and try to use some of the approaches outlined here to stay organized and focused. Remember, you're not alone — we're all in this together!

Check out this app for helpful strategies to effectively manage stress and anxiety: [Mindshift app](#)

Need more?

[Kids Help phone](#)

Text CONNECT to 686868

YSB chat: 613-260-2360

[OCDSB Covid-19 info](#)

[Reaching out for help](#)