Dealing with Stress at Home:
Get More Sleep! Indulge in Physical Activity-Go for a walk or run! Try Relaxation Techniques; download an app like Sanvello or Happify, Moodpath, Insight Timer, Breathe2Relax, and Calm for examples. Listen to Music- Dance It Out! Talk to someone (not just text, hear their voice)! Manage Your Time! Spend time with your pet – they are loving it that you are home! Go Outside! Do a puzzle or video game with your family!

Procrastination: Some tips.
- Figure out why you’re procrastinating. Put your homework on your desk. Break down tasks/assignments, even small ones. Break down the task into smaller steps. Create a detailed timeline with specific deadlines. Tell at least 2 or 3 people about the tasks to complete. Change your environment. Decide on a reward to give yourself after you complete your task. Decide on a consequence you’ll impose on yourself if you don’t get it done by the guideline. Visualize the process it will take to achieve it. Do the hardest task first. Eliminate distractions. Set a timer for yourself. Focus on progress instead of perfection. Get organized. Clear your workspace once a week. Finish one goal at a time.

Mistakes are proof that you are trying.