

## RESOURCES FOR TIME MANAGEMENT, ANXIETY AND KEEPING YOUR COOL DURING eLEARNING

Hey Blue Devils! Check out some resources to help you manage during eLearning. There's something here for both parents and students— *we are all in this together!*

Stressed?  
Anxious?

Check out these  
tips for stress  
management.

### Time Management Tips

1. GET ORGANIZED - use a calendar or organizer and make to-do lists.
2. PLAN AHEAD - write down assignments for the week.
3. PRIORITIZE - Focus on your most important assignments first.
4. REVIEW YOUR NOTES DAILY
5. BLOCK OUT DISTRACTIONS

**Free Apps for when  
you need a “brain break”  
Click the links for more information!**

### Smiling App

Various guided meditation options which can help eliminate your negative thoughts and focus on positivity.

### Coloring App

Coloring reduces stress and allows you to get creative.

### Mind-Shift App

Strategies to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

### Calm App

Promotes sleeping better, boosts confidence and reduces anxiety/stress.

\*Some of these apps may require an Apple or Android device\*

### Counseling Resources

[Columbia Area Mental Health  
Coping during COVID  
Anxiety during eLearning](#)

We are here to support you! Find out [how.](#)

