Feeling overwhelmed with school work?

**Breathe**
You're learning in a whole new way. Overwhelm is a normal reaction.

**Step 01**

**Take space**
Take 10 minutes and remove yourself. Take a walk. Call a friend. Draw a picture. Unplug.

**Step 03**

**Identify triggers**
Identify what triggered the overwhelm. Write it down. Leave it at your desk.

**Step 02**

**Problem solve**
Decide whether you can get back to it or if you need help.

**Step 04**

**Get help or re-start**
If you need help, reach out to your caregiver or teacher. If not, start again!

**Step 05**