



Become Aware of the Ups and Downs and Learn to Anticipate Them

Up

You're probably no stranger to hard work, right? In high school you have the challenge of balancing upper level academic classwork with standardized tests, and balancing school work with school extracurriculars, and balancing school with family and friends. You might get used to just pushing yourself ahead.

Do you ***balance*** this?

When you're at home there's somewhere there to still take care of you if there's too much going on. Eventually, when you go to college it's going to be your responsibility. It makes so much sense to practice balancing the areas of your life now.

Start by not trying to do everything at the same time

- **Prioritize what you spend your time doing**
- **Schedule in rest stops so that becomes what's normal**
- **Break responsibilities into manageable chunks,**
- **Communicate consistently with others in your life about what you need, and don't need.**

The Top!

It feels so awesome when you get the grade you were working for, figure out a test problem, or feel like you're in a groove with organizing your time. This is a ***high point***, just like it will be when you get a college decision you'd hoped for, a job you applied for, or a diploma you'd worked for. Enjoy it fully, celebrate it, remember it and let it fuel your next step.



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Down

Sometimes the hardest part of achieving something is the day after because you can feel a let down after all of the energy you used to achieve. This is normal, but still can feel like a bummer. Just like enjoying the accomplishment it's important to acknowledge the let down, and keep moving forward. It's ok to be easy on yourself for a little bit--like going back down the mountain more slowly than you went up.

Watch where you're going and get a good nights' sleep so you're ready for the next climb.

Describe a situation where you hit a high, middle and low.