ARTEMIS ADOLESCENT HEALING CENTER

School Stress Check-In

Think about the past week. Start with whichever question feels easiest.
Write in your own words, then choose one change to try with someone you trust.

Schoolwork

Which part of the school day or homework took the most out of you?

Activities and commitments

What felt worth your time? What could you scale back this week?

Friends and messages

When did you feel connected? When did keeping up feel tiring?

Sleep and mornings

What got in the way of winding down or getting going?

Time to recover

When did you get a real break? What would you like more time for?

One change I'd like to try this week

Who can help?

When will we check in?