

Cassie Bauer

Coach Goff

ISM

2/22/2021

Anxiety and Stress, Tips to Manage. "Tips to Manage Anxiety and Stress." *Tips to Manage Anxiety and Stress* | *Anxiety and Depression Association of America, ADAA*, 2020, adaa.org/tips.

ISM Assessment #20 (City Blackouts)

This was yet another very unnormal week with no school and Texas still trying to recover from the huge snowstorm and city blackouts, and unluckily it has been a huge stop to brainstorming and even going on mentor visits with Vanessa. With Final Presentation Night sneaking up with us fast. It has been hard to decide between all our brainstorming ideas and which ones to go with as well as I need to meet with my school counselor to discuss the google forms and National Honors Society forms and how we can spread the word; I went ahead and emailed both forms to my counselor to try and get a head start on that part of the project. We are also still trying to figure out how to reach out to the man trying to set up the learning disabilities program and how Vanessa and I can help spread the word. I was also planning on meeting with my school counselor to set up the Nation Honors Society program where students help other students get free tutoring and, in return, can get hours and not have to pay; therefore, it would be a win-win for everyone. I have also started my final project presentation and am working on it with Vanessa to make it the best way to bring information. I have also made a google form to reach out to all students to tell their stories and learning disabilities stories. So far, we have a lot of people

reaching out wanting to bring awareness! But without meeting Vanessa two weeks in a row now, I have decided to also look back upon my Original Work and maybe add it to my Final Presentation if approved by Vanessa to spread awareness on ways to help depression and anxiety from school. Such as what are the best ways to deal with anxiety and after doing some research, I have found out that "Take a time-out, Eat well-balanced meals, limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks, get enough sleep, exercise daily to help you feel good and maintain your health, take deep breaths, count to 10 slowly, do your best" (Anxiety and Stress pg. 4). In some way, I want to add this information to my final presentation. However, we decided to present it, but I was to have tips and tricks that helped me throughout high school, and I also want to get others opinions on how they as well survived this such amazing yet challenging years of one's life that even though it can be fun, it will be hard. Overall, this was more of a research week for me since I could not see Vanessa, and getting ready for the Final presentation might be a lot of work. When we finally finish, it will all work to know we are helping bring awareness to mental health and learning disabilities. I just know making this path will help me and help with all those that are following behind me.

Blake Glenn

Mrs. stokes

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Work cited