

5 Quick Stress Relief Activities for High School Students

1. Locker Breathing Reset

Before class, take 30 seconds at your locker: inhale through your nose for 4 counts, hold for 2, exhale through your mouth for 6. Repeat three times to calm nerves before a test or presentation.

2. Power Walk Between Classes

Instead of dragging your feet to the next class, pick up your pace. A brisk walk pumps blood through your body, burns off stress, and helps your brain reset.

3. Homework Break Rule

For every 45 minutes of studying, take a 5–10 minute break. Stretch, grab water, or step outside. Your brain actually learns better when it has small rests.

4. Music Reset

Put in earbuds and play one calming or uplifting song. Music helps regulate emotions and can shift your mood almost instantly. No ears buds? Sing or hum your favorite song. You can also do this in your head.

5. Gratitude Text

Send a quick message to a friend or family member: “Thanks for having my back” or “Appreciate you.” Sharing gratitude lowers stress and strengthens relationships.

6. Hand Massage

Keep a pocket bottle of your favorite lotion. Take a moment to give yourself a hand massage. If the lotion is scent, inhale the smells. Take time to notice how your hands feel and look during this process. Don't forget to massage your cuticles.

