

Starting a new semester is always challenging, especially when it's in the middle of the school year. In high school, teenagers have so much they need to balance: schoolwork, friends, family, and extracurricular activities. It's no wonder that teens get stressed and start looking for [natural remedies for anxiety in teenage girl](#). Fortunately, there are things that teens can do to manage stress and take control of their own mental health.

Set a Sleep Schedule

The body needs sleep to recover from the activities of the day. A lack of sleep can contribute to all sorts of health issues, both physical and mental. Research shows that teens need even more sleep than adults. One thing that can help is to set a sleep schedule. Going to sleep and waking up at the same time every day help train the body to be ready to sleep when it is time. Teens should shut off all devices an hour or two before bed because screen time can disrupt sleep patterns. They should go to bed at the same time every night, and they should set an alarm so they wake up at the same time every morning.

Existing mental health problems, such as anxiety, can also interfere with sleep. Reading [Brillia reviews](#) may identify products that can help.

Set a Timer

A new semester typically means starting at least some different classes. Considering all that one needs to accomplish by the end of the semester can be overwhelming. It helps to break each long-term goal into manageable tasks. This applies when students have to study several subjects at the same time. After deciding how long they want to spend on each subject, they can set a timer for that interval, and when the timer goes, they must move on. One of the most characteristic of [ADHD symptoms in teens](#) is an inability to focus on tasks for prolonged periods of time. While some might see it as a disadvantage, it can work to their advantage if they can determine how long they can focus on one subject and then move on to the next one when the timer goes off, thus studying in short bursts.

Reward Yourself for Accomplishments

Students should set a number of goals for what they want to achieve by the end of the semester. For each goal that they achieve, they should give themselves a reward. The size of the reward should be proportionate to the size of the accomplishment, e.g., a small reward for a small accomplishment, such as an extra helping of dessert for passing a quiz, and a large reward for a big accomplishment. Parents can both suggest appropriate rewards and facilitate them; e.g., a good grade at the quarter may earn a pizza party with friends.

The goals don't only have to be academic. Earning a spot on a sports team, keeping to a sleep schedule, eating better, or exercising more are all examples of goals that students can try to achieve during the semester and reward themselves upon accomplishing it. Find out more about the role that herbal remedies can play in students' mental health.