



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

MINDFULNESS & STRESS MANAGEMENT



What is stress and how can we manage it? Stress is something we feel when we are overwhelmed. An example of being stressed would be 15 projects due tomorrow. We can manage stress by taking time to process what's going on. See what needs to be done and what can be done later, focus on what's important now and get ready to do it. Now that you know what to do, start doing it. Remind yourself that it is ok to take small breaks every once in a while, you can stretch or grab a snack.

In order to complete the task, you must believe in yourself, believe that you can do it. This gives the brain confidence and might help you concentrate. Some helpful techniques to help you believe in yourself is saying " You got this! You can do this! After this I will feel so much better!"

The tips above will be helpful since Spring is approaching and so are the State Exams or SHSAT (Specialized High School Admission Test). A tip is that you should study and practice to maximize your scores. These tests may be intimidating, but feeling this way is natural, as long as you follow these steps, you will do just fine.

In conclusion, stress is something we feel when we are overwhelmed and can be tamed by taking time to realize what's going on, see what can be put aside, focus on what's important, remember it's ok to take small breaks, believe in yourself, and you can do anything!

-Aubrey Wong

MANAGE YOUR STRESS





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As the weather gets warmer and the flowers are blooming, many people have more energy and become more active. The change in seasons can also cause stress and distractions as we get used to new routines and responsibilities. Mindfulness and stress management are important tools to help with focusing and reducing stress as the seasons change.

Mindfulness is the practice of being fully present in the moment, aware of your thoughts and feelings. One technique is meditation. By putting aside just a few minutes each day to sit quietly and focus on your breathing, you can get a sense of calmness. Practicing this helps to quiet your mind and thoughts which may lead to stress. Also, including mindful breathing exercises throughout the day can help you stay centered, especially during times you feel stressed out.

Another important way for managing stress is physical activity. As the weather is getting warmer, you can go walking, jogging, or do yoga which can help your mindset. Exercise is a way to lift your mood and it helps lessen the stress hormones in the body. Doing physical activities not only helps your health but also helps your ability to focus and deal with stress.

Lastly, if you can have a balanced lifestyle, it can also help with your stress management. This means getting enough sleep, eating healthy, and putting time aside for relaxation and fun hobbies. Including all of these things everyday can help give you strength, which makes it easier to deal with everyday life. Also, practicing positivity helps you change your focus away from stressful situations.

In conclusion, as the springtime is coming closer, enjoy practicing mindfulness and stress management skills to help you focus and reduce your stress levels. By practicing these things such as meditating, physical activity and a balanced lifestyle, you can enjoy the change in seasons with more energy and less stress.

– Lily Ana Catalano





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Have you ever wondered, how can I get along and better communicate with my team? Well March might be the month for you! This March we are going to celebrate collaboration and keep in mind ways that we can communicate with our team as a way to welcome spring.

Communication when working with a team can be very important, here are some ways that you can work together. Offer help to people on your team, doing something alone is very stressful. Ask people what their opinions are on something, it is always nice to feel included and share your ideas. Making every member of your team feel included can make someone's day.

There are many different activities that you and your team can partake in this spring here are a list of some. Some group activities are having a picnic, riding a bike, go to a farmers market. All of these are group activities that you can participate in as a way to welcome spring. Doing fun spring activities as a team can make for great communication and bonding time together.

Anyone can be involved in group activities. As a school we should encourage students to spend more time with a team or friends and participate in group work and activities . Communication and teamwork are both great ways to make new friends and meet new people.

-Riley DuBois



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COMMUNICATION

WORD SEARCH

Solve the following puzzle by finding all the hidden words!

- VERBAL
- DISCUSSION
- INTERPERSONAL
- INTERVIEW
- MEDIATION
- INTERACTION
- SPEAKING
- MESSAGE
- PRESENTATION
- FEEDBACK
- DIALOGUE
- LISTENING
- LANGUAGE
- PERSUASION
- NETWORKING
- CLARITY
- CONVERSATION
- NONVERBAL
- EXPRESSION
- NEGOTIATION
- DEBATE
- COLLABORATION



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