TRY IT / IN MY OWN WORDS

# THE ASK I CAN MAKE

You can ask about a deadline, directions, or available support without sharing your whole life story.

**The task or class I need help with:**

**What is getting in the way:**

**The specific support I want to ask for:**

**“I am stuck on this part.
Can we talk through my options?”**

SUPPORT / RESPECT / SAFETY

# YOU DESERVE SUPPORT.

School pressure can sit alongside work, family responsibilities, health, or learning needs. You do not have to hide the strain.

**“I am having trouble keeping up.
Can we make a plan around
what is actually going on?”**

Talk with a teacher, counselor, or clinician if stress is disrupting sleep or daily life. You do not need to wait for a crisis.

**Someone I can contact:**

**988 Suicide & Crisis Lifeline**

Call or text 988 for crisis support.
Immediate danger? Call 911.

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# MORE THAN YOUR GRADES

**Pressure is real.
Your worth is not a score.**



## A PLAN THAT FITS YOUR ACTUAL LIFE.

**Progress is Progress LLC**

**Mile or a Millimeter**

01 / NOTICE WHAT IS HAPPENING

# WHAT IS ON MY PLATE?

List what is asking for your attention. Then separate what needs action from what needs help or a conversation.

**What feels most pressing:**

**What I can realistically do today:**

**What needs help or renegotiation:**

**A full plate needs a realistic plan, not more self-blame.**

02 / WHAT I NEED

# A START SMALL ENOUGH



Choose one task, then name a first action you could actually do. For example: open the instructions or find one source.

**The task:**

**The first visible action:**

**When and where I could begin:**

**You can use breaks and adjust the plan.**

03 / ONE REALISTIC NEXT STEP

# PROTECT SOME BREATHING ROOM

Choose a support that fits your situation. A plan can include rest, clarification, and help from other people.

- ☐ Ask what to prioritize.
- ☐ Clarify the directions.
- ☐ Plan a break and a return point.
- ☐ Ask about learning supports.

**One change I will try:**

**Who can help me follow through:**

**“What matters most to finish first? What help is available?”**