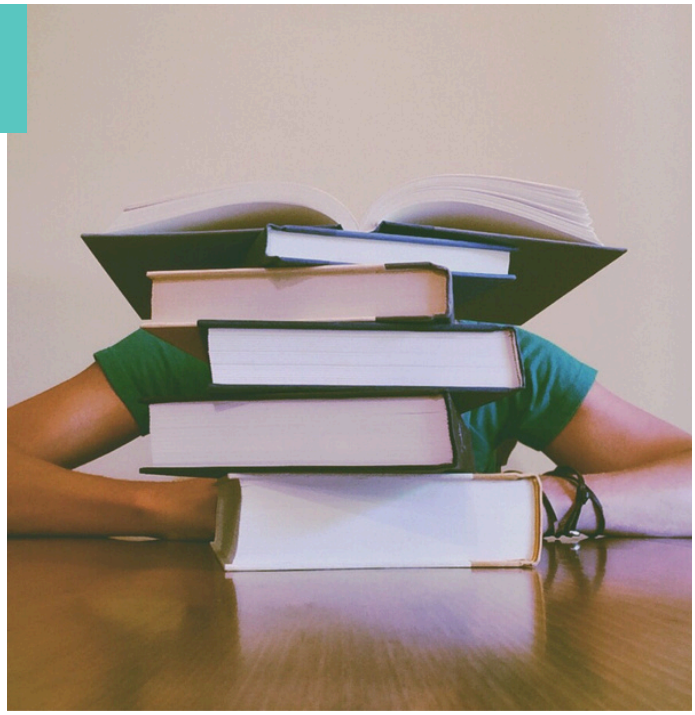
ZARABI PSYCHOLOGICAL HEALTH

Fall 2026

ACADEMIC PRESSURE



Fall brings a familiar kind of pressure for students: new classes, mounting homework, college applications, and the return of testing season. For many, the excitement of a fresh start can quickly give way to worry about grades, deadlines, and keeping up.

Our clinicians work with students and families to build practical strategies for managing academic stress, from time management and study skills to addressing the anxiety that often hides underneath.

Let us partner with you to make this school year feel more manageable.
Reach out today to learn how we can help!

OUR PRACTICE

The ZPH Group offers:

- Comprehensive psychological services for children, adolescents, adults, and families
- Licensed clinicians with school-system expertise, bridging home, school, and community care
- Therapy for anxiety, depression, ADHD, and related concerns
- Neuropsychological evaluations to assess learning, attention, and emotional needs
- Personalized, evidence-based care with practical recommendations for academic and personal success

FALL CHECKLIST: EASING ACADEMIC ANXIETY

Routines & Environment

- [ ] Break big assignments into smaller steps with their own deadlines.
- [ ] Build in real study breaks, not just switching to a different screen.
- [ ] Keep a visible calendar of tests and due dates to avoid last minute surprises.

Joy & Meaning

- [ ] Protect one non-academic activity each week: sport, art, hobby, or time with friends.
- [ ] Celebrate effort, not just outcomes. Progress counts even when the grade doesn't reflect it.
- [ ] Remember: a hard week isn't a hard year. This season will pass.

Mind & Emotions

- [ ] Name the worry. Writing down specific academic fears can make them feel more manageable.
- [ ] Challenge all-or-nothing thinking. One bad grade or test doesn't define the semester.
- [ ] Talk it out. Share stress with a parent, counselor, or friend before it builds up.

Body & Health

- [ ] Protect sleep during test weeks. Cramming late rarely beats a rested brain.
- [ ] Move between study blocks. A short walk resets focus better than another hour at the desk.
- [ ] Eat real meals, even on busy days. Skipping food makes stress harder to manage.