It's Okay Not To Be Okay

Just keep moving forward

this is hard for everyone but especially students who have to deal with a completely new schedule and not being able to have a normal social and school life

Be kind to one another, it's not hard.

It's time to start unpacking your shame around mental health and good parenting. Lots of kids are struggle rn— pay attention

Stop pretending like you care about our mental health when so many of you keep pushing to do things that will only worsen it. I understand that you want to crowd our schedules with in-person learning and homework to make up for the learning students lost this year, but it's important to note that no students can learn if they aren't mentally stable enough to do so. Don't pretend to know what's best for us when you aren't experiencing everything we are, even if you've felt similarly, you will never know what it's like to go to school in a time like this. Listen to the kids, before it's too late.

Please stop superspreading

There is no "normal." 500,000 families lost loved ones who are never coming back. For them, there will never be a "normal." This pandemic exposed every inequality in our system. Our goal should be to learn from this crisis and solve those inequalities.

A lot of children are struggling with Covid, teachers should do what they can to relieve that stress

There will be times where things get tough but we can rise above them together as one.

We're all going through the same thing but we're not. Everyone has a different life

Sometimes life isn't about doing what you love, but learning to make something you hate or find difficult more manageable. Life is gonna feel overwhelming and uncomfortable a lot of the time but every now and then you have to figure out how to change your perspective, mix it around a bit, and turn it into something you like. Be it math work or going to the store, give it time and try to work towards making it easier rather than letting the anxiety of doing it build up.

No shame in not feeling 100% great all the time

Whatever happened happened and whatever will happen will happen, once you are able to recognize how little control you have it is easier to deal with and accept

I think students should have more places to talk about mental health and have the tools they may need. be more accessible.

Listen To the students

I feel like parents especially need to be more aware of the mental toll COVID has taken in their kids. Whether it be just checking in on them or offering guidance on how to deal with stress and anxiety, I think any kind of help or guidance would be very appreciated.

Just that this is problem for everyone and nobody is faking it

Every single person on Earth is going through a hard time at some point. Everyone needs help

Working from home for school is a lot different than working from home for a job. We're used to a lot more structure in our day so this change is a lot harder on us than it is on adults. I wish we would be cut a bit more slack.

Keep doing your best and hopefully the world will be normal again soon.

Take responsibility and control of your own mental health.

There is nothing we can't do if we put our mind and energy to work

I would say just like to reach out and show your love to the people you care about, ask how their day was and if they need help with anything. just showing you care is really helpful because you know someone has your back

I feel like everyone is struggling, in different ways maybe than others, but the larger community needs to think about the possibility that each individual is going through the hardest time of their life, really always having that assumption, and be aware that mental health issues are real and can be dangerous.

it will get better just stay alive because you are loved

Adults really need to let us take a breather.

a lot of high school students struggle

addiction is something people need help with

When making decisions that directly affect students and teachers, you need to listen to the students and teachers' thoughts. It's unjust to make decisions for other people without listening to their feelings and opinions.

Just keep trying to do your best

Listen to your kids

Distance learning is a huge source of stress for me. It has become less efficient in my work, and I am not as motivated to go to school as last year. I understand that this is hard to change due to COVID, but it is still a problem (80 minute class periods don't help either).

the level of stress from the standards we are held to at school is insanely high we are all still kids at the end of the day

be yourself and stop worrying about everyone else. that's a main cause of anxiety and depression is comparison

Everyone is going through a tough time right now but just because that is so it doesn't mean that you are not allowed to feel the way you do. Your feelings are valid and always reach out to people you trust if you need help

mental health should be taken more seriously

Life isn't normal right now. Even before this our generation had the largest amount of depression and anxiety so please be considerate. I know there are the soccer moms who want to go back to having their brunches but people are dying and sending your kids back fully isn't going to help that. And trying to force the school district to make school what it was before will only make it all worse. For the sake of your kids, ask them how they're genuinely doing right now and don't judge them. Don't get mad at them. It's not their fault or their phones or anything, you have to be able to look at yourself and realize that as a parent it's your job to take care of your kids mental health as well as their physical. Just because your kid has a mental illness or something doesn't mean you've "failed as a parent", it means you need to step up and get your kid the help they need. And be accepting. Whether that's of their mental issues or of their sexuality/gender identity or what they want to be. Your kids are their own people, I'm sorry that we aren't able to fulfill your dreams for us but we should be able to fulfill our dreams for ourselves without fearing judgement and scorn from the people meant to unconditionally love us. We didn't choose to be born, you made that choice for us so please don't act like we owe you anything for living because trust me, some of us wish we weren't born at all.

We need more focus on mental health, it took a pandemic for me to realize that I have anxiety, that the way I think isn't exactly considered normal. I think teachers need to just factor it in too, just give students a bit more leeway because we're all really struggling here.

To make it known that COVID-19 is not over, therefore everyone still needs to wear masks and act like we should be during a pandemic.

It gets better. Nothing lasts forever. Have hope.

Be kind it's not that hard

We are burnt out. We don't ask for sympathy, we ask for solutions.

Students are depressed and being disregarded by adults at a dangerous level and it needs to be addressed.

Everyone deals with this stuff differently. We were never taught how to deal with stress, just that we have it, not what to do with it.

We really need a better schedule, this has gotten ridiculous.

It is time to start opening things back up. We can't live in fear of this virus anymore. It's time to live again.

Covid sucks. Please bring us back full time, please for the students, for everyone, bring us back.

Make this summer the best one of your life, I feel like we deserve it.

I would like the larger community to know that we are all doing our best. Sometimes parents don't realize the effect that this whole situation has had on our lives and school, and mental health needs to be prevalent. Take asynchronous Mondays, for example - I don't think the community recognized how important these were, and crucial to our well-being, both academically and mentally. As students, I think the community needs to listen to what we are saying.

Mental Health Needs attention

Please be flexible when it comes to school work. It's hard to get out of bed in the morning never mind doing loads upon loads of work.

Honestly I feel like I'm over exaggerating, but in my head on a daily basis I think about how much covid ruined my plans. Covid had a big impact on my mental and physical health when I couldn't train for my sport. During the first quarantine in March, that was the first time I really felt depressed because I couldn't do my sport or see my friends.

Mental illness is not a joke and you should listen to your children and check on them to make sure they're not stressed, depressed, anxious or struggling.

It's okay to feel stressed but when it's suppressed, I personally feel it makes someone worse with how they feel and their self-talk.

Don't hesitate to ask someone for help if you need it

To listen to students

One assignment or bad grade will not affect your life

This isn't related to covid, but I feel the need to say to teachers that if a kid is really shy or has anxiety about presentations and stuff related to that, please don't make them. I get that sometimes you need them to present for a grade, but if you're able to be flexible and give them something else for the project, please consider it. It's not just us being nervous about talking in front of people, we have anxiety and it takes a toll on our mental health.

Limiting social media use is truly so beneficial because it can be so detrimental to our mental health because we unconsciously compare ourselves to others. Spending extra time on social media & following people who don't make me feel good about myself, has never made me feel better, it's only made me feel worse.

Covid has made people change. Some people changed in a good way and they become a better person. or maybe some people changed in a bad way and maybe made bad choices

even the most happy and confident teenager could be struggling from mental illness. Always check on your friends, family, classmates.

adults need to recognize and accept the that depression and anxiety is real, before their child's situation gets out of hand

It's okay to have bad days

You aren't alone

parents need better understanding of mental illnesses

I want the teachers to not post 10 assignments each day and not have 3-6 tests every week. I also want the adults in our school to listen to us for once and hear our side.

We're all going through the same thing but we're not. Everyone has a different life

You can get through anything you put your mind to

The school needs to listen to the students.

People are struggling. They may not show it, but people are in their heads everyday. Mental health needs to be talked about because it is more prevalent an issue than ever due to COVID.