

December 20, 2024

Stress Management Workshop: Jared shares his experience

EVkids

Throughout the 2024-2025 school year, EVkids College Success is partnering with Boston Health Initiative at Northeastern University on a series of workshops to help our high school and college students take care of their mental health and plan for a successful future in college and beyond.

In November, EVkids students were invited to participate in a virtual workshop called “How to Destress/Knowing When You Are Becoming Stressed.” Jared B, a senior at Boston College High School and a member of the EVkids Youth Council, reported back about his experience:



Jared at the 2024 EVkids Expanding Horizons Gala



Jared at Tutoring with his mentor, Arthur (BC '28)

“The stress workshop was helpful to me as it told me what stress was. It gave me a clear view of what can cause stress for me and how to properly manage my stress. It was a reminder to take time out of my day to make sure I'm doing well. It provided information that I could not only use for myself, but also advice I could give to someone else in need.”

“The stress management workshop was helpful to me as it was a reminder to take my mental stress seriously. Knowing I could be stressed and being reminded of the dangers of stress on my body prompts me to take action and seek the help I would need.”

You can help other EVkids students access resources to help them succeed at school and at life: give today!