

# A LITTLE LOVE NOTE FROM YOUR NEIGHBORHOOD THERAPIST

*"Small shifts still count as progress."*

April 2026

April often brings a mix of renewed energy and lingering fatigue. Spring break has passed, routines are returning, and expectations can feel high again. For many students and staff, this month is about recalibrating after a pause while trying to find a sustainable rhythm for the rest of the year.

This is a gentle check-in as momentum returns and the finish line begins to come into view.

## For the Staff

### This Month's Emotional Climate:

- A push to regain focus and structure after spring break
- Pressure to make progress before end-of-year demands intensify
- A mix of hopefulness and exhaustion existing side by side
- The sense that there is still a lot to do as the end of the school year approaches

April can feel uneven. Energy may come in waves rather than staying consistent.

### What You Might Notice:

- Difficulty re-engaging students after time off
- Increased restlessness or uneven motivation
- Moments of frustration when momentum feels slow
- A desire to "catch up" quickly

### Try This:

- Focus on re-establishing routines before raising expectations
- Normalize that it can take time to settle back in after a break
- Emphasize progress over pace (for yourself too)

***This month, it's common to feel out of sync after a pause.***

Re-entry takes time, not perfection.

## For the Students

### What They're Likely Feeling:

- Pressure to refocus and perform after spring break
- Restlessness or impatience with routines
- Stress about upcoming tests, projects, or deadlines
- Mixed feelings about the school year not being over yet

Even students who enjoyed the break may struggle to regain momentum.

### How It Shows Up:

- Zoning out or difficulty sustaining attention
- Increased frustration with schoolwork
- Inconsistent effort or follow-through
- Emotional ups and downs

### How You Can Help:

- Reintroduce expectations gradually rather than all at once
- Reinforce that big feelings after transitions are normal
- Offer reminders that effort counts, even when focus is uneven
- Provide structure while allowing some flexibility

***April is about recalibration.***

Steadiness helps students find their footing again.

**Find  
More  
Support** 

If helpful, I share therapist-created tools and resources focused on emotional regulation, stress management, and decision-making skills for teens.

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