

A LITTLE LOVE NOTE FROM YOUR NEIGHBORHOOD THERAPIST

"This is a season of holding steady, not rushing ahead."

May 2026

May often carries emotional weight. The end of the school year is approaching, expectations are high, and emotions tend to sit closer to the surface. For many students and staff, this month is a blend of pressure, reflection, and anticipation.

This is a gentle check-in as the year begins to wind down.

For the Staff

This Month's Emotional Climate:

- Increased pressure around grades, testing, and performance
- Emotional intensity as the year comes to a close
- Fatigue after a long stretch of sustained effort
- A sense of urgency mixed with readiness for closure

May can feel full. Not always chaotic, but emotionally charged.

What You Might Notice:

- Heightened emotions from students and colleagues
- Reduced patience as stress accumulates
- More frequent behavior concerns or disengagement
- A sense of pushing through to the finish line

Try This:

- Keep expectations clear and predictable
- Offer reassurance through consistency rather than intensity
- Give yourself permission to focus on what's essential and let "good enough" be enough

This month, emotions may feel bigger and more visible.

Big feelings are allowed, and they do not define the whole story.

For the Students

What They're Likely Feeling:

- Stress about finals, grades, AP tests, or upcoming transitions
- Anxiety about change, even when it is positive
- Pressure to finish strong
- Emotional sensitivity or overwhelm

Even students who appear confident may be carrying a lot internally.

How It Shows Up:

- Increased irritability or emotional reactions
- Difficulty concentrating or staying motivated
- Comparing themselves to peers
- Pulling away or acting out

How You Can Help:

- Remind students that feelings can be big and still manageable
- Reinforce that effort matters more than perfection
- Avoid personalizing emotional reactions or behaviors
- Offer small choices to support a sense of control

May is about staying grounded while demands remain high.

Support helps students stay grounded as energy dips and expectations remain high.

**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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