Homework has been consistently linked to increased stress and anxiety among students, contributing significantly to mental health challenges. Research by Yu et al. (Ref-s013595) highlights that excessive homework is a major stressor for K-12 students, exacerbating feelings of anxiety and leading to sleep disturbances. The cumulative effect of these stressors can result in a negative feedback loop, where stress impairs cognitive function, subsequently hindering academic performance. Moreover, the pressure to complete homework assignments often detracts from students' ability to engage in leisurely activities, which are essential for psychological well-being and stress reduction. Consequently, a policy shift towards reducing homework could alleviate these mental health burdens, fostering a healthier, more balanced lifestyle for students.