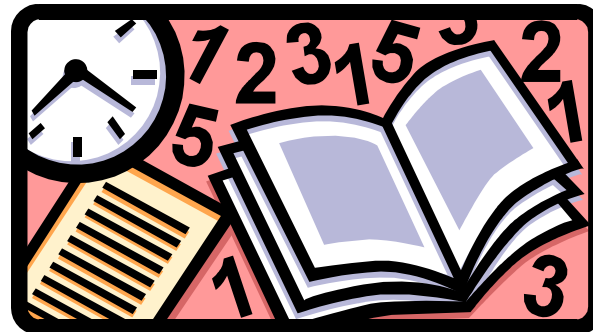




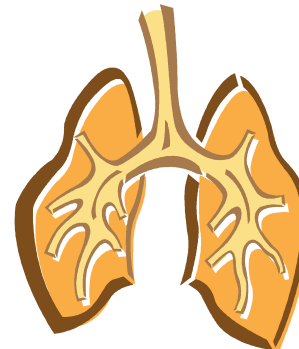
Stress Triggers





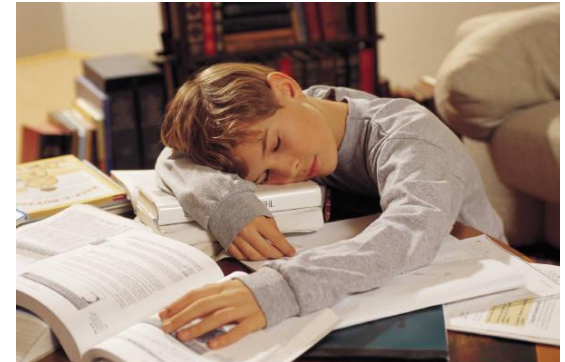
Stress Response

Fight or Flight





What Too Much Stress Can Do





Stress Management



- Take time to relax every day
- Exercise
- Eat 'go' foods
- Sleep 10 – 11 hours a night
- Do your best, but don't try to be perfect
- Ask for help!





Stress Management

- Believe in yourself and deal with problems as they arise
- Practice deep, slow breathing
- Pay attention to your thoughts:
 - Do you believe things will work out?
 - Do you frequently think the worst will happen? What actually happens?





Stress Brainstorming

I am worried that:

Some things I can do to address this are

1)

2)

3)

Would you like to speak with an adult?