

This too Shall Pass...



Excessive stress interferes with your ability to learn, reduces your productivity, and affects your physical and emotional health. Stress can change your brain. People feel most stressed in situations where they feel helpless. It's important to find ways of getting control back into your life. Fortunately, there is a lot you can do to manage and reduce stress in your life. It all begins with thinking about what stresses you and identifying ways to deal with it. Complete these sentences.

I think that the amount of stress people experience today is _____

It is important to keep stress under control because _____

I can tell a friend is stressed when _____

It would be less stressful at work if I _____

It would be less stressful at school if I _____

It would be less stressful at home if I _____

One thing I plan to do to reduce my stress is _____

Things You Can Do to De-Stress

- √ Get moving. Exercise reduces stress. It helps improve your mood, increase your energy, sharpen your focus and relax your mind and body.
- √ Eat healthy. Eat small but frequent meals throughout the day to maintain an even level of blood sugar in your body. Low blood sugar makes you feel anxious
- √ Get enough sleep. When you're well-rested, it's much easier to keep a more positive outlook.
- √ Talk it out. Sometimes the best stress-reducer is simply sharing your stress with someone close to you.
- √ Keep your sense of humor. When you – or the people around you – start taking things too seriously, find a way to break through with laughter. Share a joke or funny story.
- √ Work harder. You feel more in control when you work hard and enjoy the rewards.