

CONSELOR'S CORNER

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STRESS

School, sports, family, and friendships can all feel overwhelming sometimes — and that stress can sneak up on us.

The good news? You can train your brain to manage stress and feel more in control.

TIP OF THE WEEK!

Move your body to calm your mind. A short walk, stretching, or even a quick dance break can lower stress and improve your mood.

"YOU CAN'T ALWAYS CONTROL WHAT GOES ON OUTSIDE,
BUT YOU CAN ALWAYS CONTROL WHAT GOES ON INSIDE." — WAYNE DYER

WEEKLY CHALLENGE

Try one new stress-busting activity this week — deep breathing, journaling, listening to calming music, or talking to a trusted adult.

Notice how your body feels afterward.

DID YOU KNOW?!

When you exercise or move your body, your brain releases endorphins — natural chemicals that help you feel happier and more relaxed!