

Why Do We Feel Stressed?

Common Causes:

Schoolwork (homework, tests)

Friendships (fights, fitting in)

Family Issues (moving, changes)

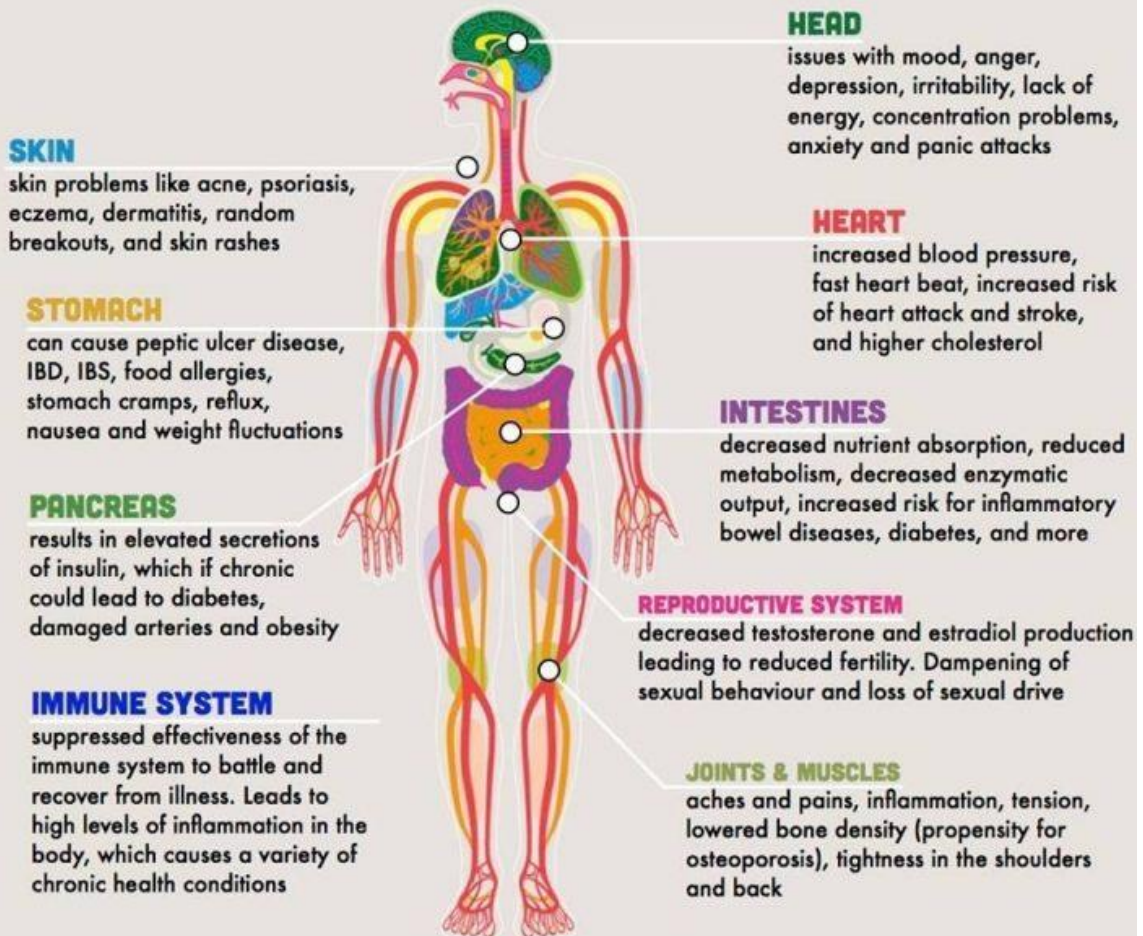
Activities (sports, music)

How **STRESS** Affects The **BODY**

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Signs of Stress

Physical Signs:

Headaches

Tummy aches

Tiredness



























Emotional Signs:

Feeling sad

Angry outbursts

Trouble concentrating

My Feelings From A-Z

 Angry	 Bewildered	 Confused	 Depressed
 Enthusiastic	 Frightened	 Glad	 Happy
 Irritated	 Joyful	 Kooky	 Low
 Melancholy	 Nervous	 Overjoyed	 Proud
 Queasy	 Rowdy	 Shocked	 Terrified
 Upset	 Victorious	 Worried	 (E)Xcited
 Yucky	 Zany	How do you feel today?	© Kathy Ryan 2013 http:// www.teacherspayteachers.com/ Store/Kathy-Ryan

Why is It Important to Manage Stress?

Health: Too much stress can make you feel sick.

School: Stress can affect your grades and enjoyment of learning.

Friendships: It can make it hard to get along with others.



Happiness vs. Stress

98 Coping Skills

- Dunk your head in cold water
- Journal
- Mindfulness
- Listen to music
- Playdough
- Blow bubbles
- Take pictures
- Smell a flower or candle
- Paint your nails
- Garden
- Build something
- Feel Rice
- Jigsaw Puzzle
- Play Instrument
- Paint
- Laugh
- Turn off your phone
- Dance
- Watch a funny movie
- Wordsearch
- iSpy
- Hyperfocus on object
- Draw cartoons
- Smile
- Nature Walk
- Scavenger Hunt
- Video Game
- Go to the park
- Birdwatching
- Watch the Clouds
- Crossword Puzzle
- Make a vision board
- Notice 5 things you hear
- Board Game
- Scream into a pillow
- Charades
- Bake
- Notice 5 things you touch
- Squeeze fists & release
- Imagine your favorite place
- Stretch
- Grounded meditation
- Have a snack
- Play with a friend
- Sing
- Squeeze a stuffed animal
- Jog in place
- Take a break
- Arts & crafts
- Pet an animal
- Coloring
- Think of a good memory
- Bubble Bath
- Stress Ball
- Notice 5 things you see
- Plan the day
- List 5 Positive Things
- Talk to a safe person
- Take a nap
- Wrap up in a blanket
- Sports
- Ask for help
- Organize your room
- Cook
- Deep Breathing
- Reading
- Write a letter
- Get dressed up
- Hold ice cubes
- Imagine a stop sign
- Yoga
- Say Your Feelings
- List 5 Things You're Grateful For
- Photoshoot
- Count down from 100
- Write out goals
- Run
- Look at pictures
- Write a poem
- Hum
- Read inspirational quotes
- Swim
- Say something kind to yourself
- Hum
- Wash your face
- Spin in circles
- Write a story
- Hike
- Meditate
- Talk to a friend
- Write a thank you note
- Dress up
- Lay on the floor
- Cry
- Dream journal

How to Deal with Stress

1. Talk About It: Share your feelings with someone you trust.
2. Take Deep Breaths: Inhale deeply through your nose, hold, and exhale slowly.
3. Exercise: Play outside, ride a bike, or dance!
4. Take Breaks: Step away from homework or screens for a few minutes.
5. Practice Mindfulness: Focus on the present moment through activities like coloring or listening to music.



Breathing Exercise

Let's practice deep breathing together!

Sit comfortably.

Close your eyes (if you feel comfortable).

Inhale deeply through your nose for 4 seconds.

Hold your breath for 4 seconds.

Exhale slowly through your mouth for 4 seconds.

Repeat 3 times.

Can you answer these questions

What makes you feel stressed?

How do you usually react when you're stressed?

Can you think of a time when talking to someone helped you feel better?

What activities help you feel relaxed?

Fun Stress-Relief Activities

List three activities you enjoy that helps you to relax.

Share with a partner.

Draw a picture of a “happy place” where you feel safe and relaxed



Remember!

Take care of yourself: It's okay to feel stressed sometimes.

Talk to someone: You're not alone; many people feel this way.

Try different ways to relax: Find what works best for you!



Conclusion

Remember, stress is a normal part of life, but there are ways to manage it. By talking, breathing, and finding fun activities, you can keep stress in check!