

wellness

STRESS

Signs of Stress

- Feeling irritable
- Always rushing
- Forgetting things
- Grinding your teeth
- Feeling like you're being picked on
- Getting a sore neck or shoulder
- Losing stuff
- Feeling sad or anxious

REVIEW ONLY

School Datebooks

"The biggest reason against stress is our ability to choose one thought over another."

— William James

Chill Out

- ✓ Take deep breaths
- ✓ Step away from the situation
- ✓ Go for a walk
- ✓ Take a break
- ✓ Get good rest
- ✓ Eat healthy foods
- ✓ Get some exercise
- ✓ Find someone to listen
- ✓ Give yourself positive messages
- ✓ Set priorities

DO NOT SUBMIT FOR PRINT

What Causes Your Stress?

What's stressful for some is nothing to others and vice versa. What sets you on edge?

How Will You De-stress?

When you're as taut as a rubber band, what's going to help you relax?

