

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

"The greatest weapon against stress is
isn't about to choose one thought
over another."

— William James

School
Datebooks



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 someone is nothing to others
and vice versa. What gets you on edge?

How Will You De-stress?

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