

# wellness

## STRESS

### Signs of Stress

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

### 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

### What Causes Your Stress?

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

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### How Will You De-stress?

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

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"The greatest weapon against stress is our ability to choose one thought over another."

— William James

**REVIEW ONLY**

School Datebooks

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