

When Worries get too big

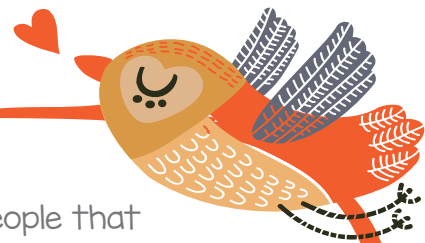
Stress and worries are normal and natural; however, too much can be unhealthy for our bodies and hearts.

How does your body feel when you're worried or under stress? For example, do you feel distracted, tense, sleepless, tired, have a constant headache or upset stomach? These may be signs of stress.

Some forms of stress can be a good thing if it keeps someone alert or if they enjoy it, but people can try to reduce stress that feels bad.

What healthy ways can we reduce the bad feelings of stress?

- Deep breathing can make people feel more relaxed.
- Playing an active game can help the muscles relax and distract people from worries.
- Resting and getting enough sleep lets people relax and regain energy.



Brainstorm events in the lives of young people that can cause stress. For example, when your mom gets mad at you; when you don't understand something at school; when your friends want you to do something you don't want to do; or when you know you are doing the right thing but others don't agree.

How could you help yourself or a friend if they're put in any of these situations?

.....

.....

.....

.....

.....

.....