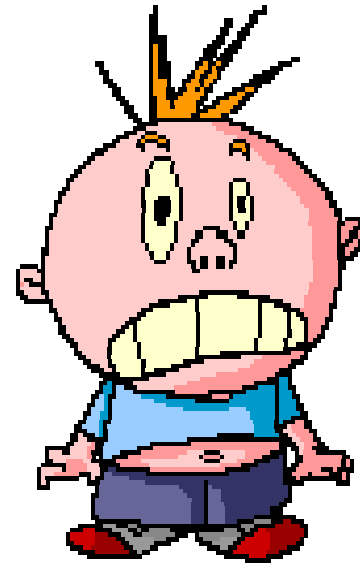


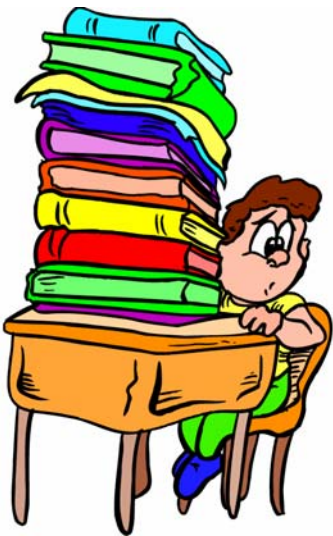
# Stress: It affects your mind and body

When you get worried or stressed out about something it affects your body in a number of ways.

- The heart beats faster.
- Muscles tense.
- You might feel like there are butterflies in your stomach.
- Your breathing gets faster.
- You sweat more.
- It is hard to get sleep.



## What can you do if you feel stressed?



- Talk over your problem with a friend or an adult you trust.
- Set some goals for things you need to finish.
- Make sure that you are getting enough exercise.
- Don't take on too much.
- Learn to relax.
- Organize your time to fit in time for everything you need to do and what you would like to do.
- Make sure you are sleeping and eating well.

Circle the healthy ways to deal with stress

Work harder

Take a walk

yell at the nearest person

swing on the playground

Stretch

eat

find a friend to listen

watch TV

Express your concerns

hit something

take a deep breath

get mad

Hide in your room

go for a run

find a quiet place