

WHAT IS STRESS?

Stress is how you're feeling when you have...

- ...a lot of things going on at once
- ...an important decision to make
- ...an unexpected change in your life
- ...a big event coming up
- ...something really terrifying happens to you



Common stressors (things that can cause stress)

- Problems in a relationship or friendship
- Grades
- Watching the news
- Bullying
- Moving to a new house
- Getting a new brother or sister
- Not being very popular
- Parents arguing



Stress can cause these changes in your body.

- headaches
- a pounding heartbeat
- sweating
- trouble breathing
- feeling shaky
- nausea
- having tense muscles
- low energy



© 2021 Myismarks LLC. All Rights Reserved.

For more resources, visit www.myismarks.com/ Check out the Myismarks Social-Emotional Learning videos on [Stress!](#)

How to cope with stress!

1. Focus on the things that you can control. If there's something you can do to be less stressed, do it!
2. Manage your time. Change your schedule to make it less stressful if you can. Find time to relax!
3. Take care of your body! Eat healthy foods, exercise, and make sure you're getting enough sleep.
4. Use positive self-talk. Say positive things to yourself to challenge your negative thoughts.
5. Talk to a friend or an adult. Just talking about your feelings can help you feel better!