

Let's Talk About Stress

Stress is a normal and healthy part of life.

Our bodies are made to handle some stress, like the feeling you get when it is the first day of school or before a test.



But with too much stress we might have:

- Feelings of anger, sadness, and loss
- Headaches
- Upset stomach
- Trouble sleeping
- Back pain



We can feel less stressed by taking a moment to breathe and stretch!



1. Place both hands over your belly.
2. Take a deep slow breath in through your nose and feel the air travel down into your belly, making your abdomen and hands rise.
3. Slowly let air out and exhale through your mouth. Feel your hands and belly go down.
4. Repeat 4-5 times

How we talk to ourselves matters!
It can help to say things like:

"I will be okay."
"I believe in myself."
"I feel calm, relaxed,
focused, and confident."

