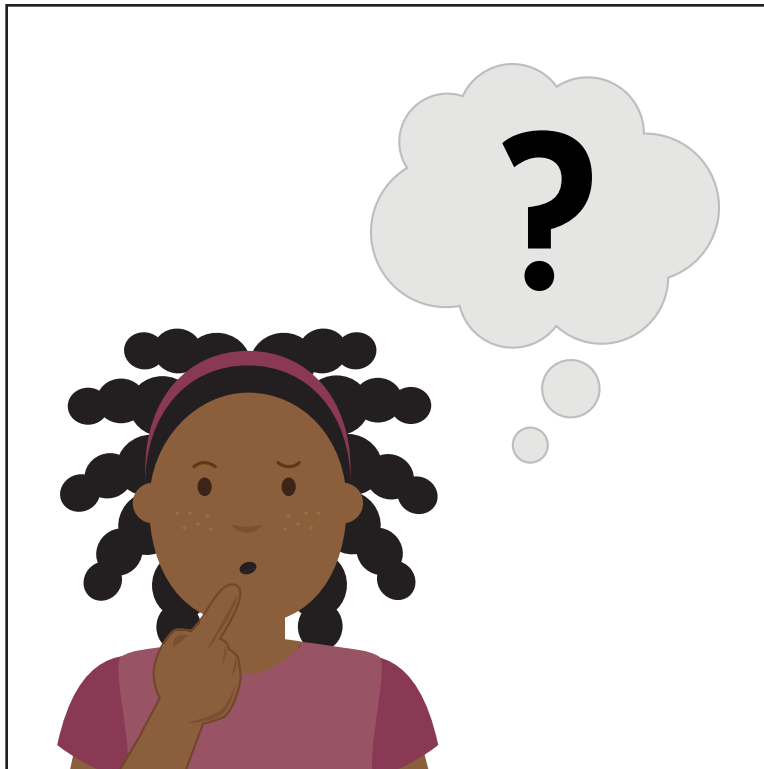


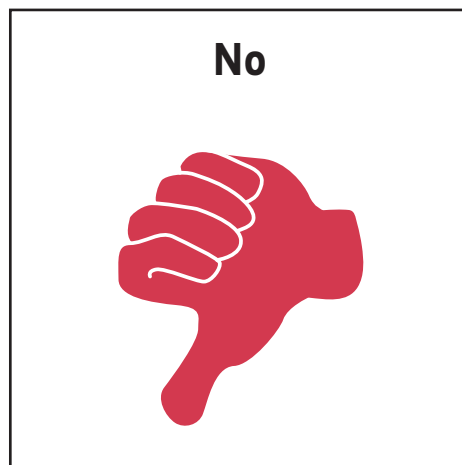
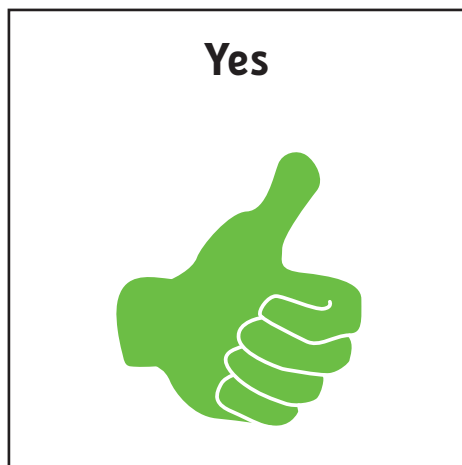


Dealing With Stress



Everyone experiences stress. But what is stress?

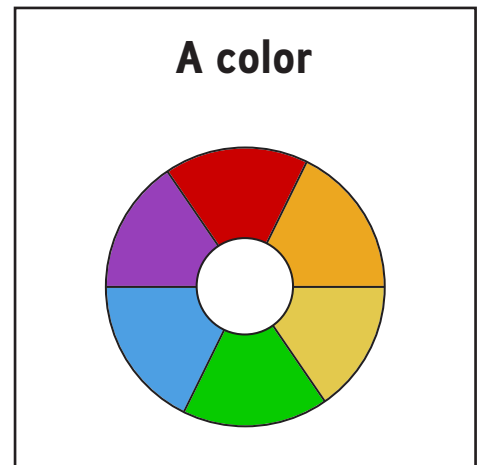
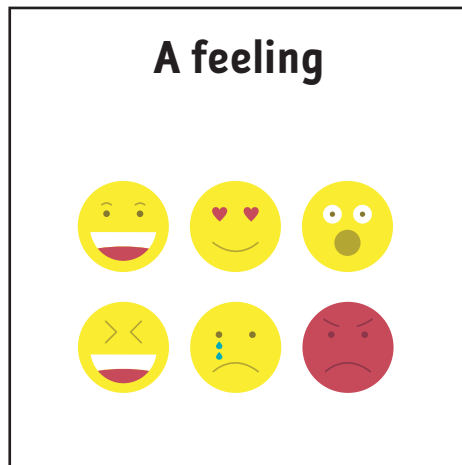
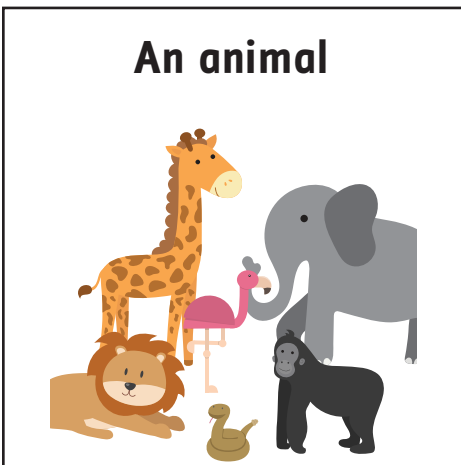
Does everyone experience stress?





Stress is a feeling. Stress might feel like being worried, nervous, upset, or overwhelmed. Sometimes stress can even make us feel sick with a stomachache or a headache.

What is stress?

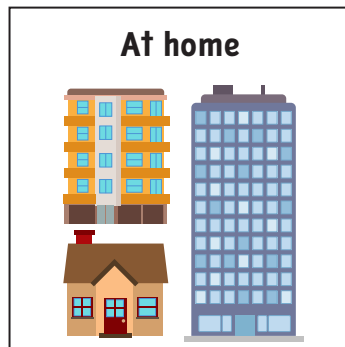
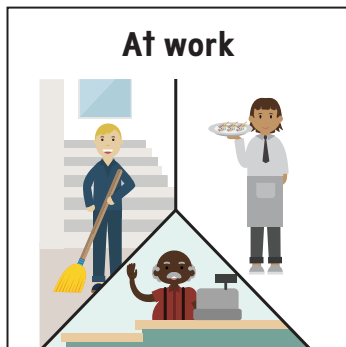
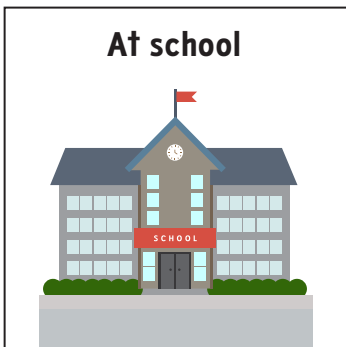










Feeling stressed

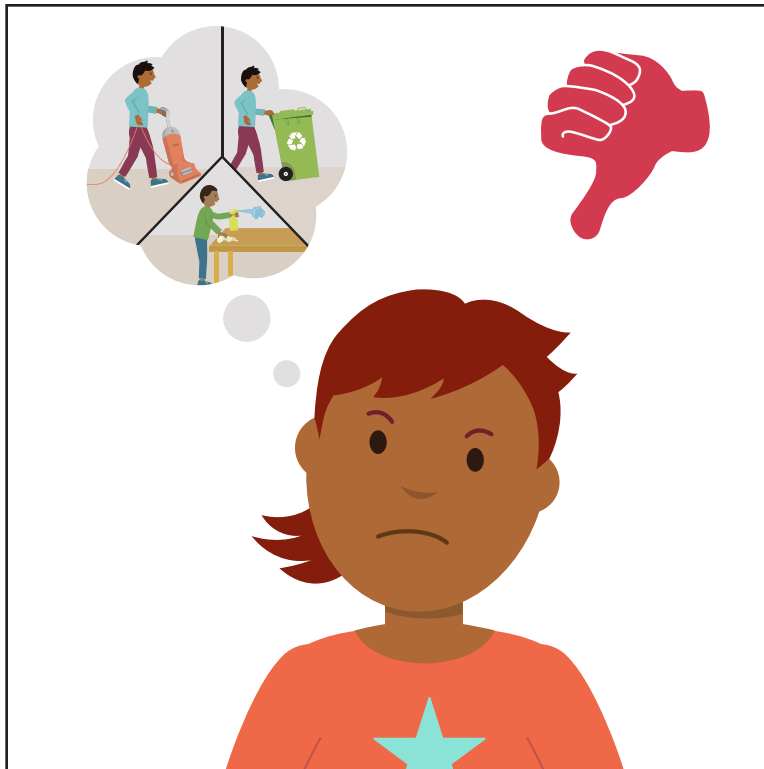
People feel stressed at different times. School or work might make people feel stressed, and some careers are more stressful than others.

Where do you feel stressed?



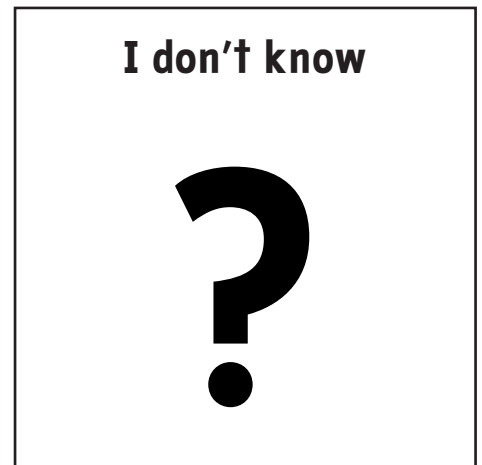
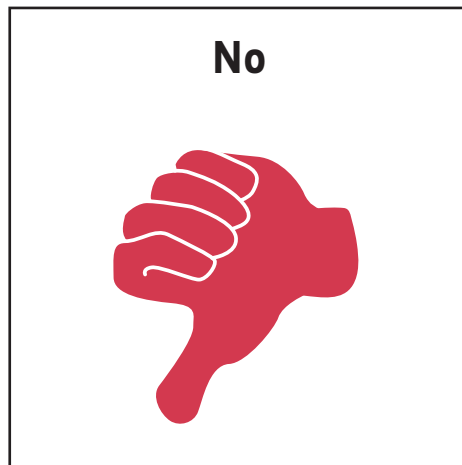
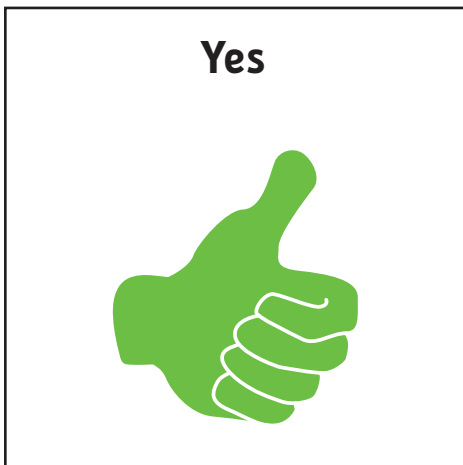
TO DO	
1	
2	
3	
4	
5	
6	

Someone might feel stressed if they have a lot of tasks to do, especially when the tasks need to be finished by a certain day or time.



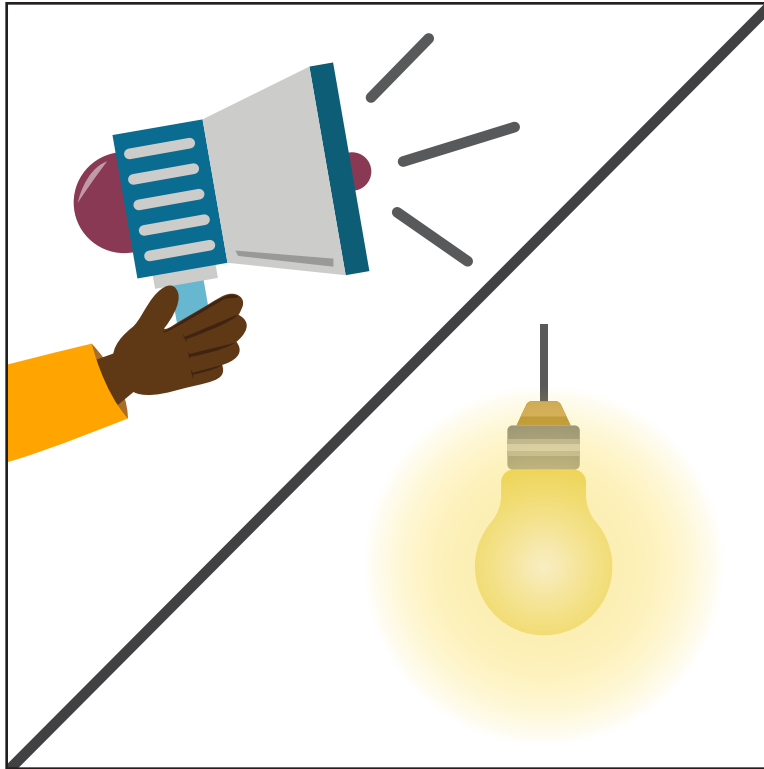
When someone has to do tasks that they do not enjoy doing, that might make them stressed.

Do you feel stressed when you have to do tasks you do not like?



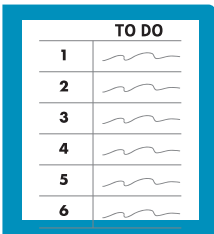





When something unplanned happens, and the task or schedule changes, that can be stressful, too.



Some people might feel stressed when a place is too loud or too bright.

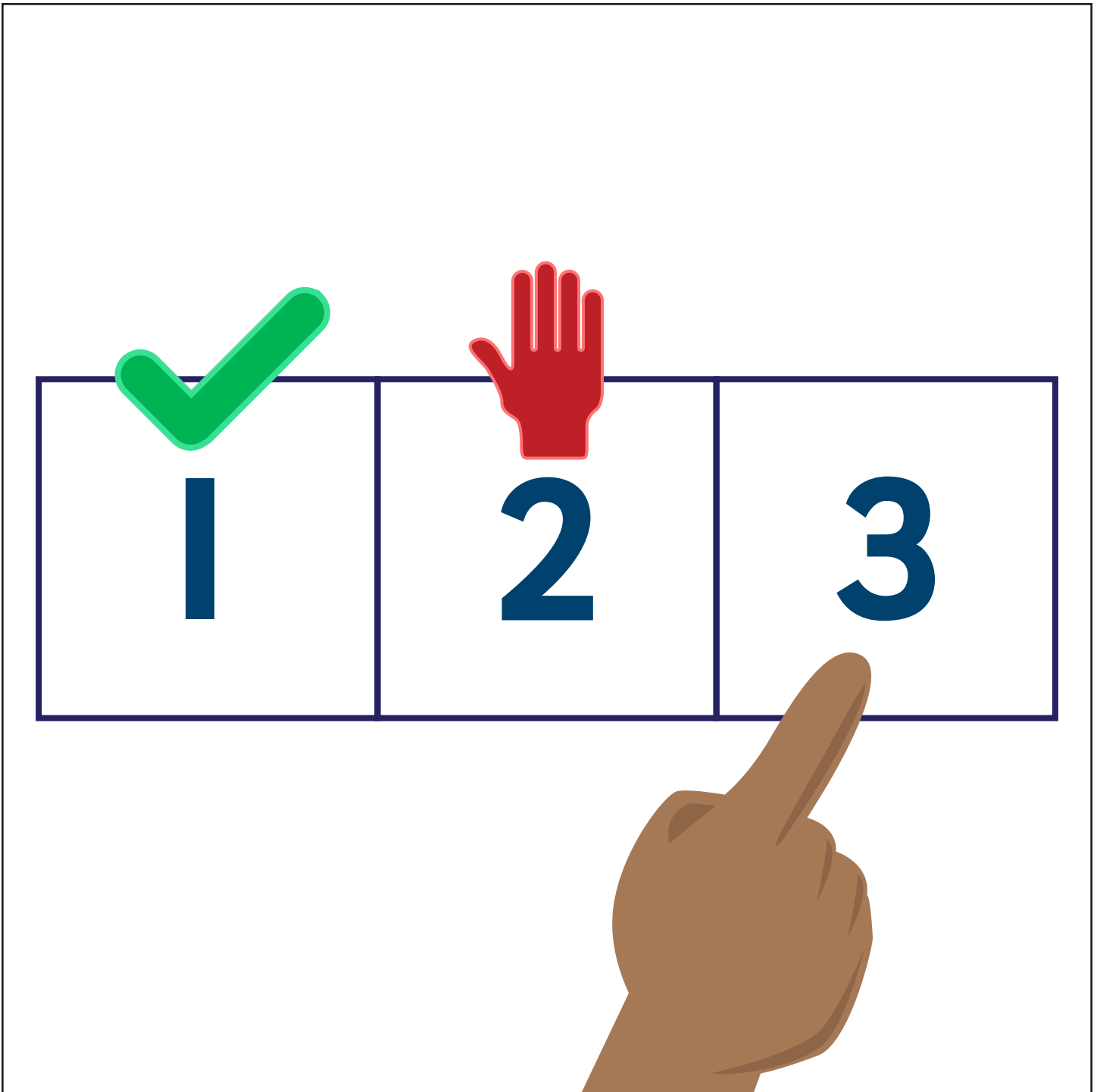
What makes you feel stressed?

<p>Too many tasks</p> 	<p>Schedule changes</p> 	<p>Loud noises</p> 	<p>Something else</p> 
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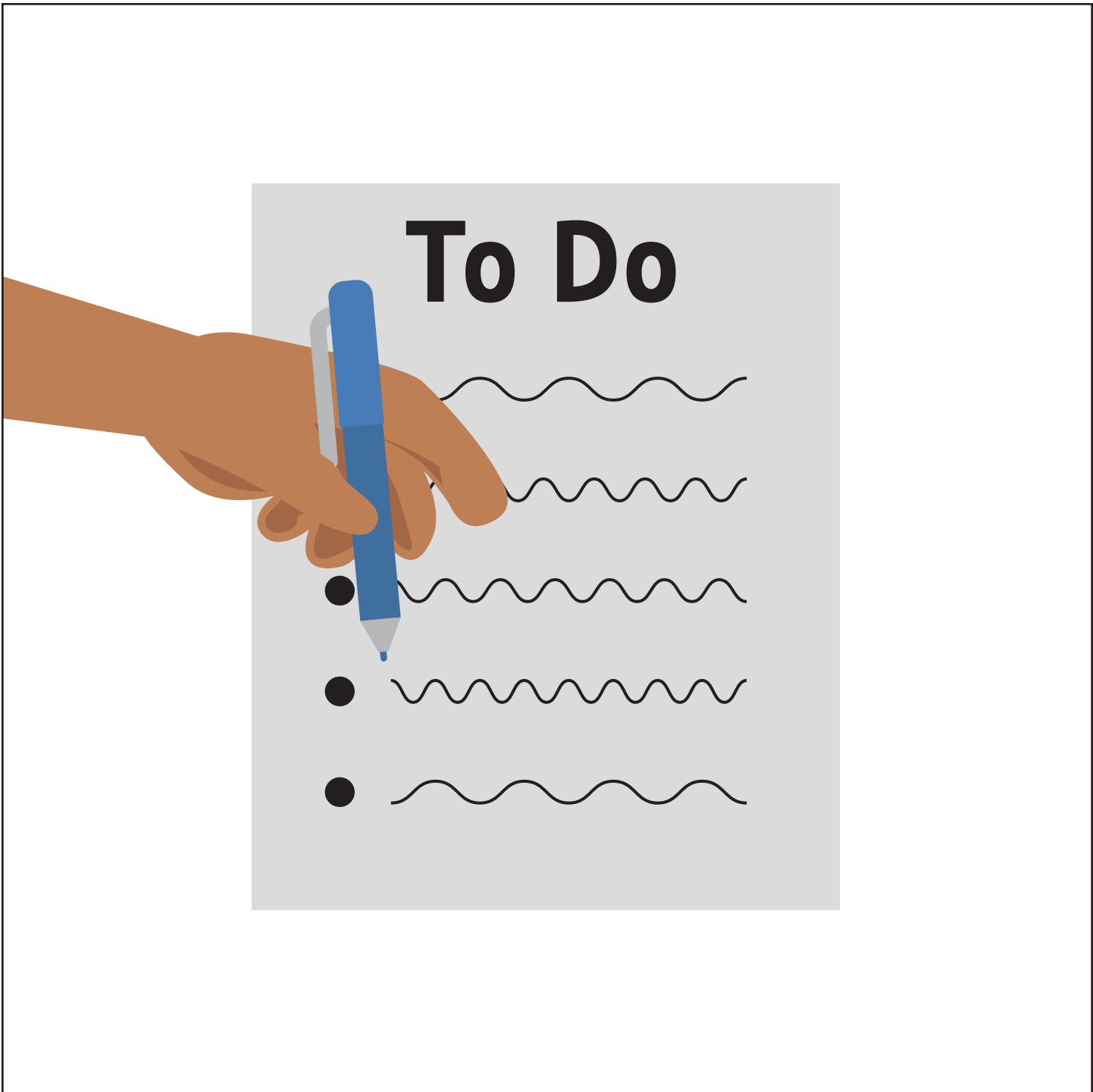


Dealing with stress

There will always be things will make us feel stressed, so it is important to deal with the stress in a healthy way.



Sometimes we might be able to work on a different task. Switching tasks then going back and finishing the first task is a good way to deal with stress.



Some people find that making a list of their tasks helps them deal with stress.



Taking a break from hard tasks is also a good thing to do when we feel stressed.

Does taking a break help you?

Yes

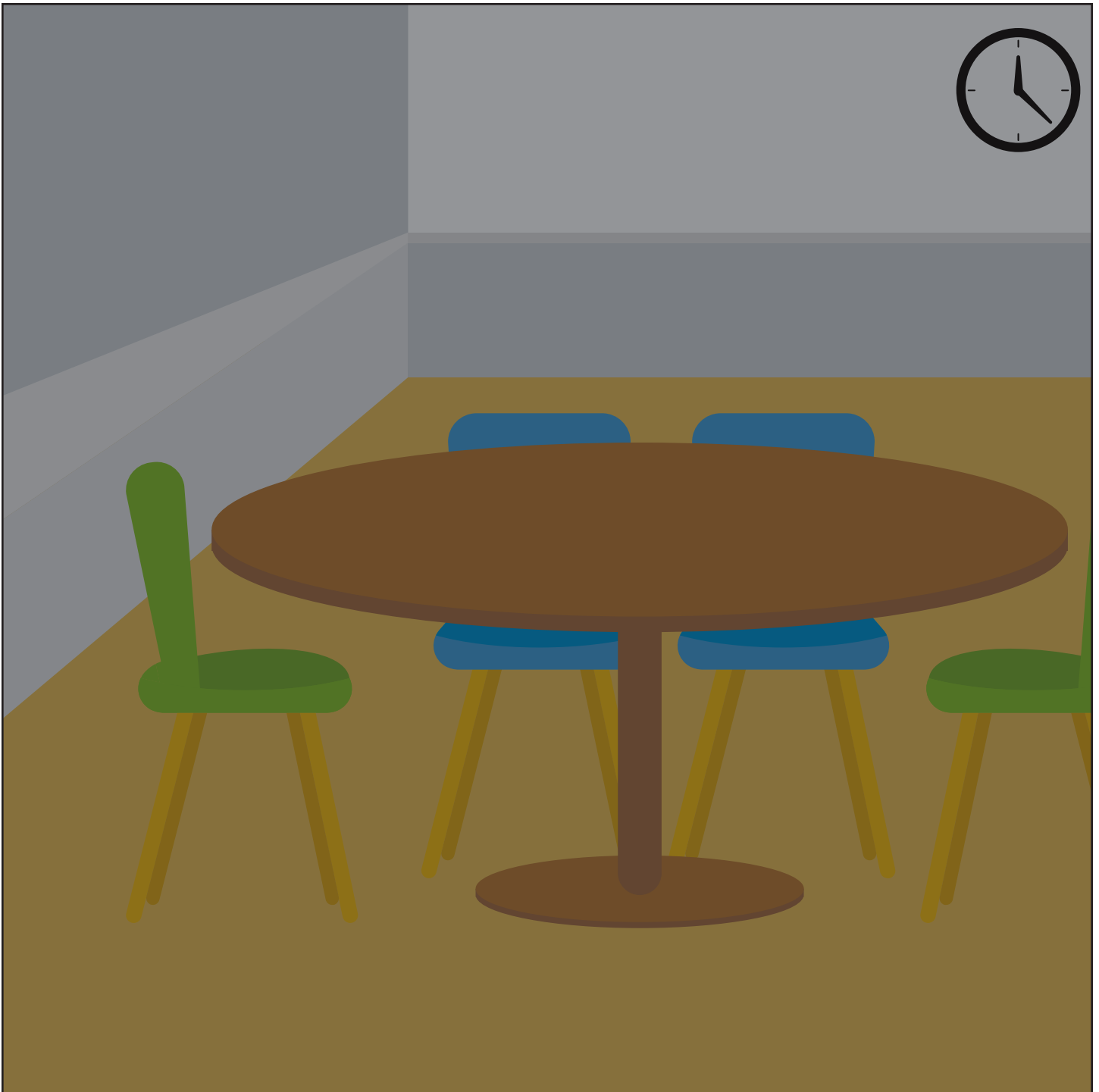


No



I don't know





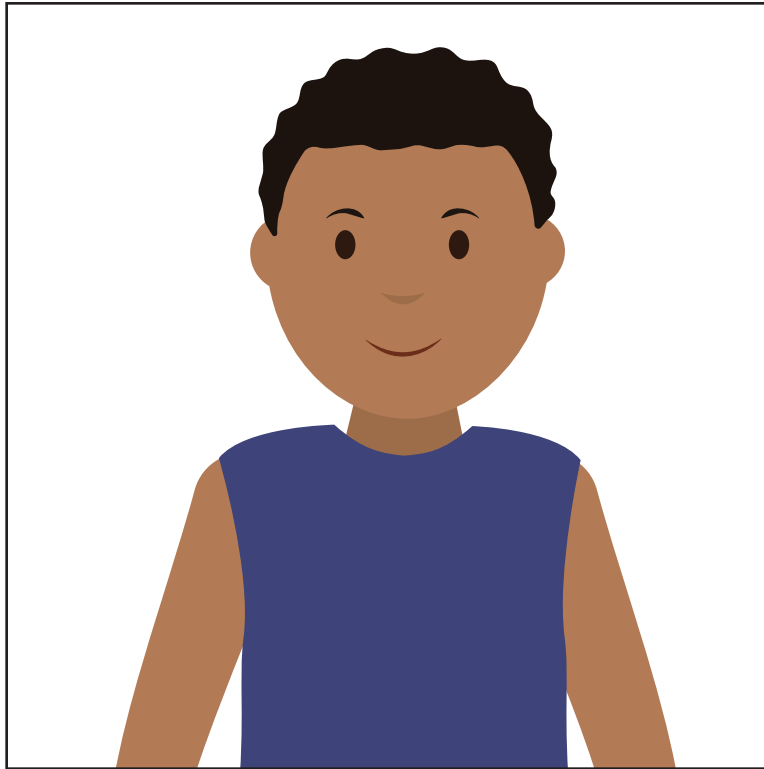
There might be a dark or quiet room we can go to, or we could take a short walk.



We can also find an area to move our bodies or make noises. We should do this somewhere that doesn't interrupt our friends, coworkers, or customers.

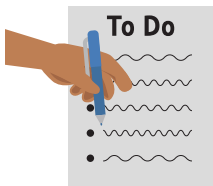





If there is not somewhere for us to go to take a break, we can use a fidget.



Stress is a feeling that we all feel at times, and that's okay because we know how to deal with stress!

How do you deal with stress?

<p>Make a list</p>  An illustration of a hand holding a blue pen, writing on a grey notepad. The notepad has the words "To Do" at the top and several wavy lines representing text. There are three small black dots on the left side of the notepad, indicating a list.	<p>Take a break</p>  An illustration of a person standing in a room, looking out a window. Outside the window, there is a green tree. Inside the room, there is a yellow table and two green chairs.	<p>Use a fidget</p>  An illustration of a teal fidget spinner with three lobes and a central bearing.	<p>Something else</p>  A large, bold black question mark.
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