



How are You Handling Stress?

Brought to you by the Prevention Department at



What is stress?

Stress is a nervous, uptight feeling that everyone feels at some point in their life.

What causes stress?

Did you know that there are two kinds of stress? There is **good stress** and there is **bad stress**.

Good Stress...

Can help you get things done. Good stress might show up when you're called on in class to recite your book report or even riding a roller coaster. For example, you would feel excited and nervous (your heart beats faster or maybe your mouth will get dry, but there is no fear or threat to you). Good stress makes us stronger, ready to take on new challenges.

Bad Stress...

Can happen if you are nervous and these uptight feelings keep going over time. For example, if a family member is sick, if you are having problems at school, or anything else you are experiencing that makes you upset. You must remember we all feel stress at times. Kids feel stress, your parents, your teachers, EVERYONE feels stress. But it's okay! It is normal to feel stress. It's what you do when you are stressed that is important.

Let's look at ways stress affects you and your body. We can then look at healthy ways you can deal with stress!



Stress can make you sick!

Stress can cause our bodies to get sick. Here are six examples:



Headaches **Sweaty hands**

Butterflies in stomach

Difficulty breathing



Worrying

Fast heart beat

Once you recognize that you're feeling stressed, there are things you can do to calm yourself down.

- 1 Get enough sleep
- 2 Eat a healthy meal
- 3 Exercise
- 4 Do something fun!

Vocabulary Words

Stress

Uptight

Meditation

Motivation

Below are some things you can do to lessen stress...

Coping With Stress Word Search

Avoid Alcohol

Be Positive

Eat Healthy

Have Friends

Meditation

Motivation

Holism

Lifestyle

Love Yourself

Make Exercise

Mental Health

Sleep Well

L P U Z F L I E G T F G N Y N Y W
V F S G K L F T B V O H O L I S M
M W O I H I E E A T H E A L T H Y
K E C X L Z C S K D H K T C B M K
A C N P A F V X R G E N M E Q E I
F E G T L M K E C U B S P W L Q N
L S Y Q A F O W A O Q O H Y A X I
L I N R V L L T K C S Y T B G I Z
E C F B O C H L I J E S E F V U R
W R P L C O H E T V E A X V W P J
P E K L M Q Q I A F A I S S O A P
E X E I R F V Q I L B T F I M L F
E E R T J E J L D N T R I E Q C O
L E H O B I C R Y U F H U O V U V
S K J F X M E D I T A T I O N C A
V A O O H A V E F R I E N D S T C
E M U B R A V O I D A L C O H O L

Let's Take a Walk Outside!

Scavenger Hunt

Directions: Please print. Remember to check each item off the list as you find them!

Items Needed: Pencil or marker



- | | |
|--|--|
| <input type="checkbox"/> Mailbox | <input type="checkbox"/> Brown Door |
| <input type="checkbox"/> Rocks | <input type="checkbox"/> Car Wheel |
| <input type="checkbox"/> Wooden Gate | <input type="checkbox"/> Truck |
| <input type="checkbox"/> Red Bricks | <input type="checkbox"/> Something Square |
| <input type="checkbox"/> Bench Seat | <input type="checkbox"/> Clouds/Sky/Sunshine |
| <input type="checkbox"/> Basketball Goal | <input type="checkbox"/> Street Sign |
| <input type="checkbox"/> Something Orange | <input type="checkbox"/> Number 7 |
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Motorcycle |
| <input type="checkbox"/> Yellow Flower | <input type="checkbox"/> Swimming Pool |
| <input type="checkbox"/> Cat | <input type="checkbox"/> Letter S |
| <input type="checkbox"/> Dog | <input type="checkbox"/> Blue Car |
| <input type="checkbox"/> Bird | <input type="checkbox"/> Green Water Hose |

Have fun with your family!

Kid's Yoga

Directions: Let's take a time out! Let's do Yoga!

Items Needed: Quiet area, relaxing music, and a mat (optional)



I AM STRONG

Use your strength to reach for the sky

I AM BRAVE

Be brave and fearless



I AM KIND

Stretch high like a tree and spread kindness

I AM WISE

Be wise on the tree branch



I AM FRIENDLY

Stretch like a dog

I AM ME



Resources and Links for Fun Activities

- <https://diycorners.com/scavenger-hunt-ideas>
- https://wordmint.com/public_puzzles/27896
- <https://www.familyeducation.com/entertainment-activities/activities-kids>



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