

HOW CAN YOU THINK ABOUT **STRESS**

DIFFERENTLY?

SNAPSHOT

I HAVE SO MUCH
HOMEWORK!
I'M SO STRESSED!

A LITTLE STRESS CAN
BE A GOOD THING. IT
CAN MOTIVATE ME AND
GET ME MOVING!



IN DAILY LIFE A CERTAIN
AMOUNT OF STRESS IS NORMAL...

IF YOUR **STRESS NEVER GOES AWAY**
ASK FOR HELP FROM A TRUSTED ADULT!

