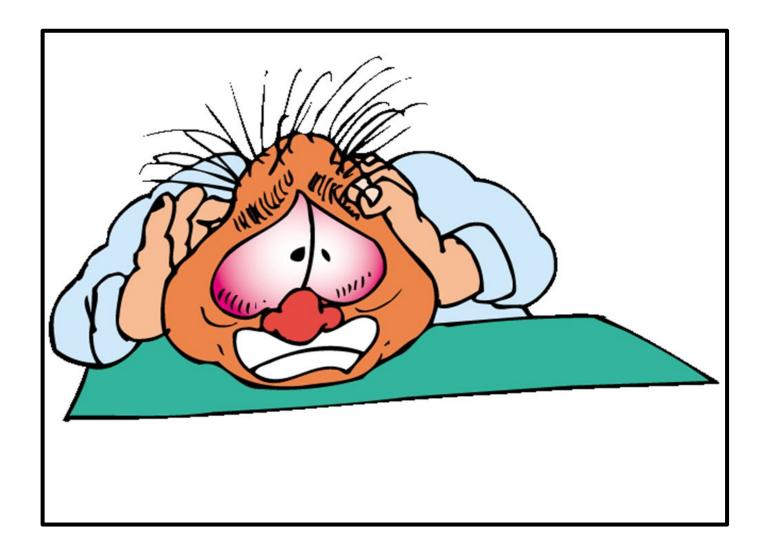
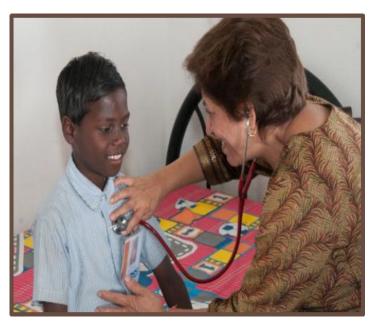


What is stress?



Stress is the body's natural reaction to changes and challenges





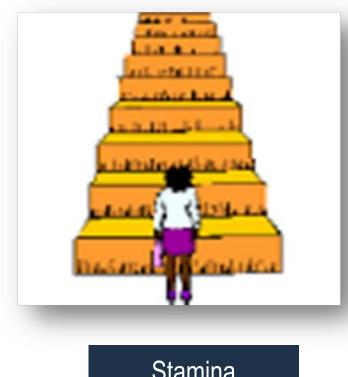
Illness



Sports



Stress is the body's way of preparing to meet a tough situation



Stamina

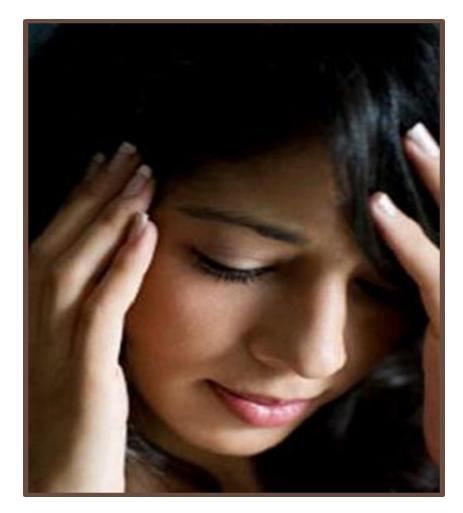




Focus

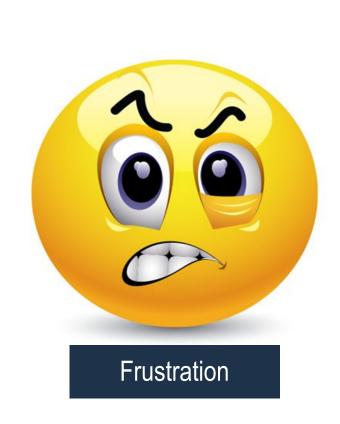


Some level of stress is normal for everyone, but too much is overwhelming



We all react to stress in different ways









Pause til Part 4



Ways to keep stress under control





Eat Well



Get Good Sleep

Exercise



Use your life skills



Communication

Problem Solving





Do things that make you happy





Dance

Spend time with friends



Be realistic





Focus on your strengths

Don't try to be perfect



Talk to someone



Learn to relax





Negative ways to deal with stress

- Bullying
- Fighting
- Skipping school
- Alcohol, drugs



Signs you should seek help



- Grades are dropping
- Tired all the time
- Headaches, stomach aches
- Feeling sad or hopeless



