

## WHAT IS STRESS?

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Everybody experiences stress. It's the body's natural reaction to tension, pressure and change.

A certain amount of stress is good because it makes life challenging and less boring, but too much can be bad for you— both physically and mentally. Prolonged stress can lead to accidental injury or serious health problems. For the sake of your health, safety and happiness, it's important to recognize and manage stress before it does you harm.

### Ways to Manage Stress

- Think positively and surround yourself with others who do so.
- Don't demand too much of yourself. Ask for help.
- Accept that you can't control everything and be flexible.
- Make a list of things to do each day and set reasonable priorities. (Get Organized)
- Divide big tasks into smaller ones.
- Eat healthily and avoid sugar.
- Get plenty of sleep each night.
- Exercise some each day to boost energy and improve your mood. Don't sit too long. Use stairs instead of elevators

### Discussion:

1. What are some of the signs of stress you recognized in yourself?
2. What are some other way you can manage stress?
3. Why is it important to set some long-term goals for reducing stress in your life? What are the benefits?
3. How can the short-term strategies help you improve your school work?
4. Do you think girls or boys experience more academic stress? If so, give examples.