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What Stress Does

Helping Kiddos
Understand How
Stress Affects
Them

Everyone feels Stress
Sometimes. When you
are under stress, odd
things can happen and
Understanding why
can make it less scary.



Keep reading for
more info!

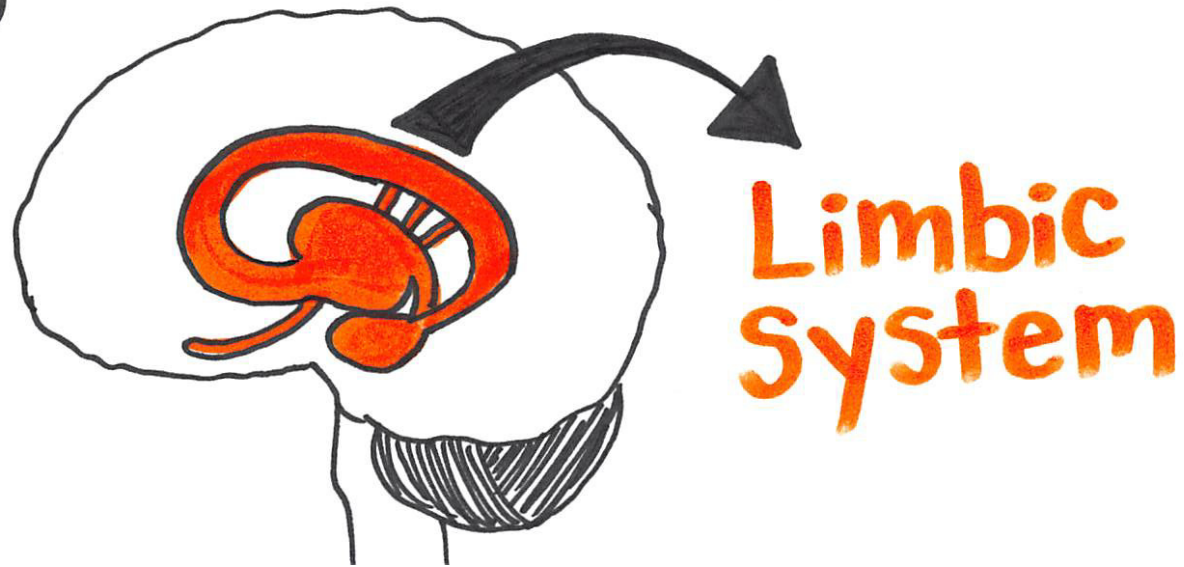
First of all, What is Stress?!

Stress is emotional
Strain caused by something
Scary.

↳ The thing that causes stress
can be real (example: a
pandemic) or unreal (example:
monsters)

Either way, how you feel is
the SAME!

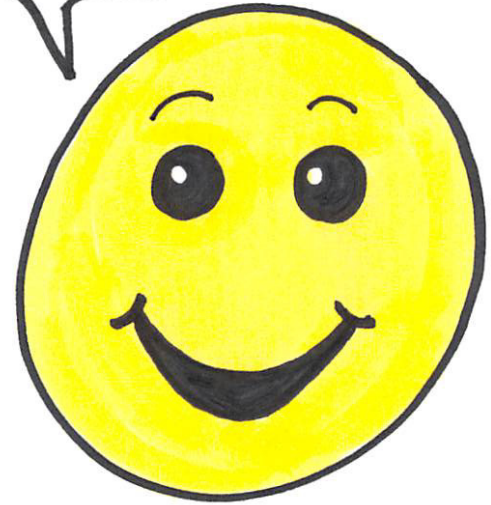
When you are feeling **Stressed** for a while, part of your **brain** gets very active and causes you to have certain feelings and actions!



When your limbic system is active from stress, the following can happen:

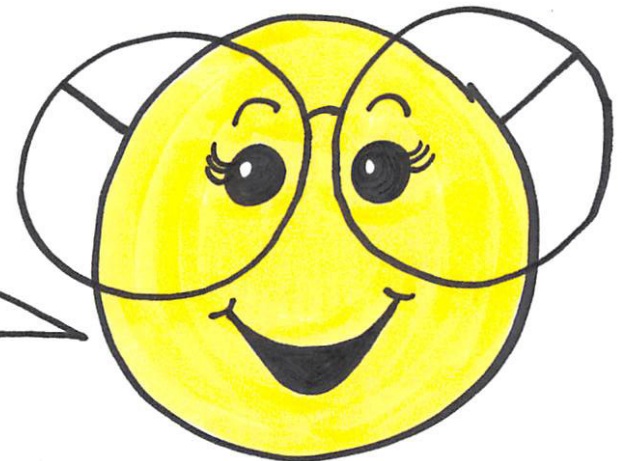
- You can feel more nervous than usual
- You can feel more angry than usual
- You can feel less patient than usual
- Your appetite can change
- Your ability to fall and stay asleep may change
- You may have trouble remembering things
- Decision-making can be harder

Stress makes your brain work differently, which changes how you feel!



So, if you find yourself feeling nervous, angry, less patient, and having trouble with appetite, sleep, memory, and making decisions, don't worry → this can ALL be explained by STRESS.

It is **NORMAL**
and you are
OKAY!!



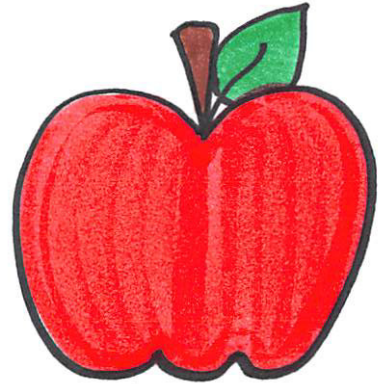
During times of stress, it is very important to be patient and kind with yourself and to take very good care of yourself.

Your brain and body are under stress - be kind to them!!



To help with trouble Sleeping and appetite:

- Eat a healthy, well-balanced diet each day
- Get enough sleep every night
- Get enough exercise each day



To help with the feelings of nervousness, anger and impatience, use your

Calming Coping Skills:

- Deep breathing
- Exercise
- Distraction
- Talk about it

use your
Coping
Skills!



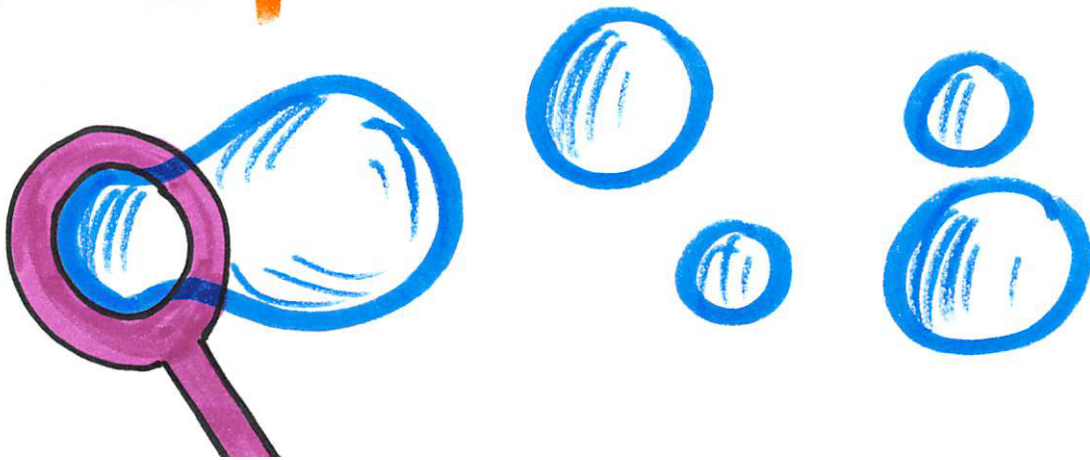
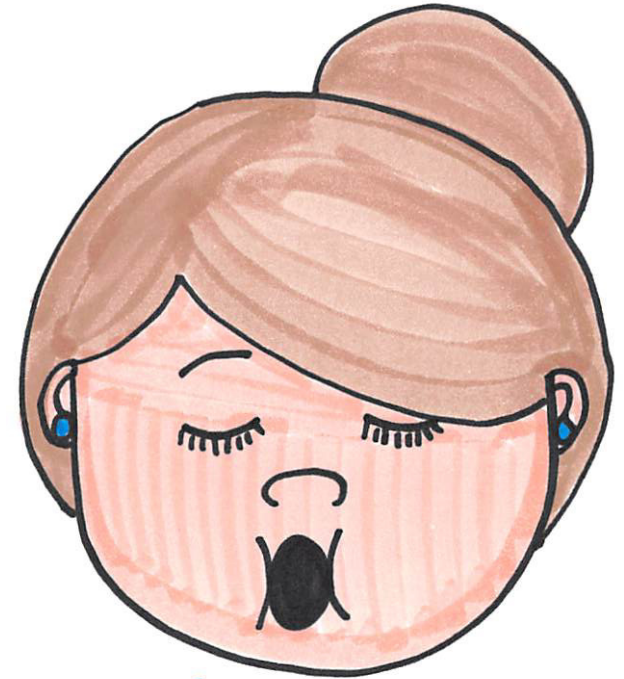
Deep Breathing:

Step 1: Breathe in SLOWLY through your nose

Step 2: Breathe out SLOWLY through your mouth

(★ it can be helpful to pretend you're blowing bubbles)

Step 3: Repeat step 1 and step 2 at LEAST 3 times



Exercise:

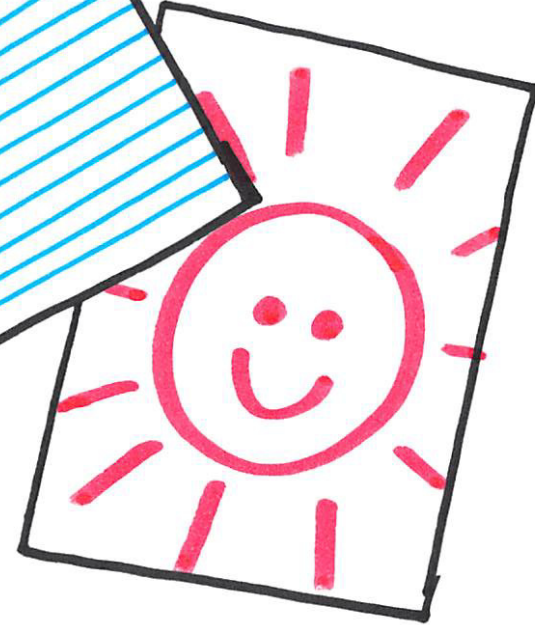
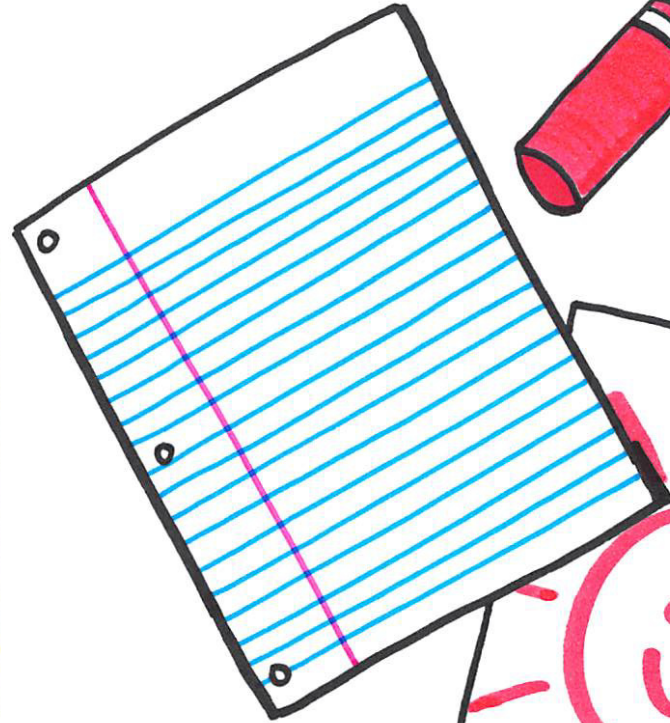
Moving your body helps you reduce nervous energy AND feel happy!

- Jumping jacks
- Jump rope
- Run/Jog/Walk
- Hopscotch
- Obstacle course
- Dance
- Yoga
- Hop on one foot
- Skip/gallop
- Walk like different animals



Distraction:

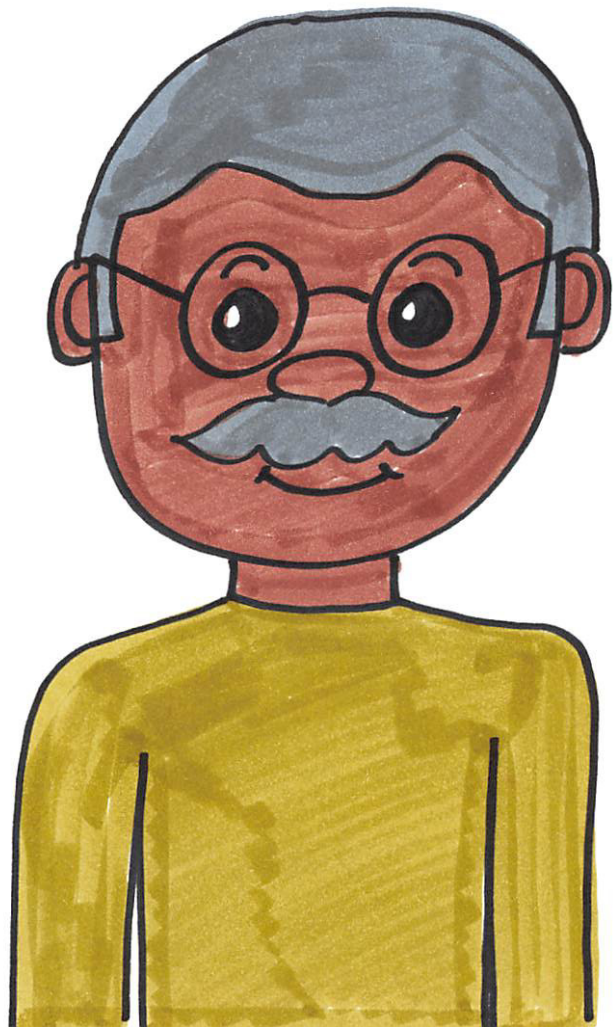
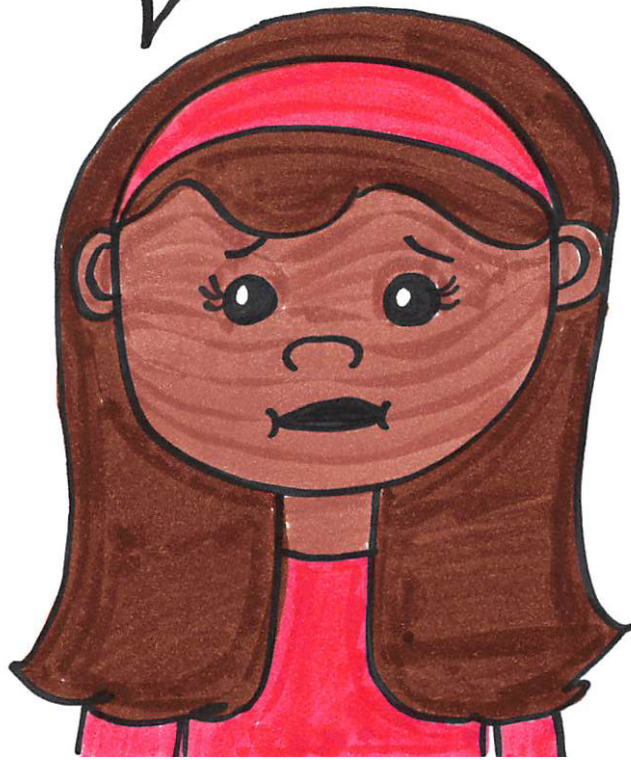
- Draw/Paint
- Write
- Read
- Watch T.V.;
movies
- Listen to
music
- play



Talk About It:

Talk to a trusted adult about your stress

I'm so stressed!!



Don't Forget:

You are BRAVE and
you are STRONG!!

You CAN COPE
with stress!!

You have coping skills!!

