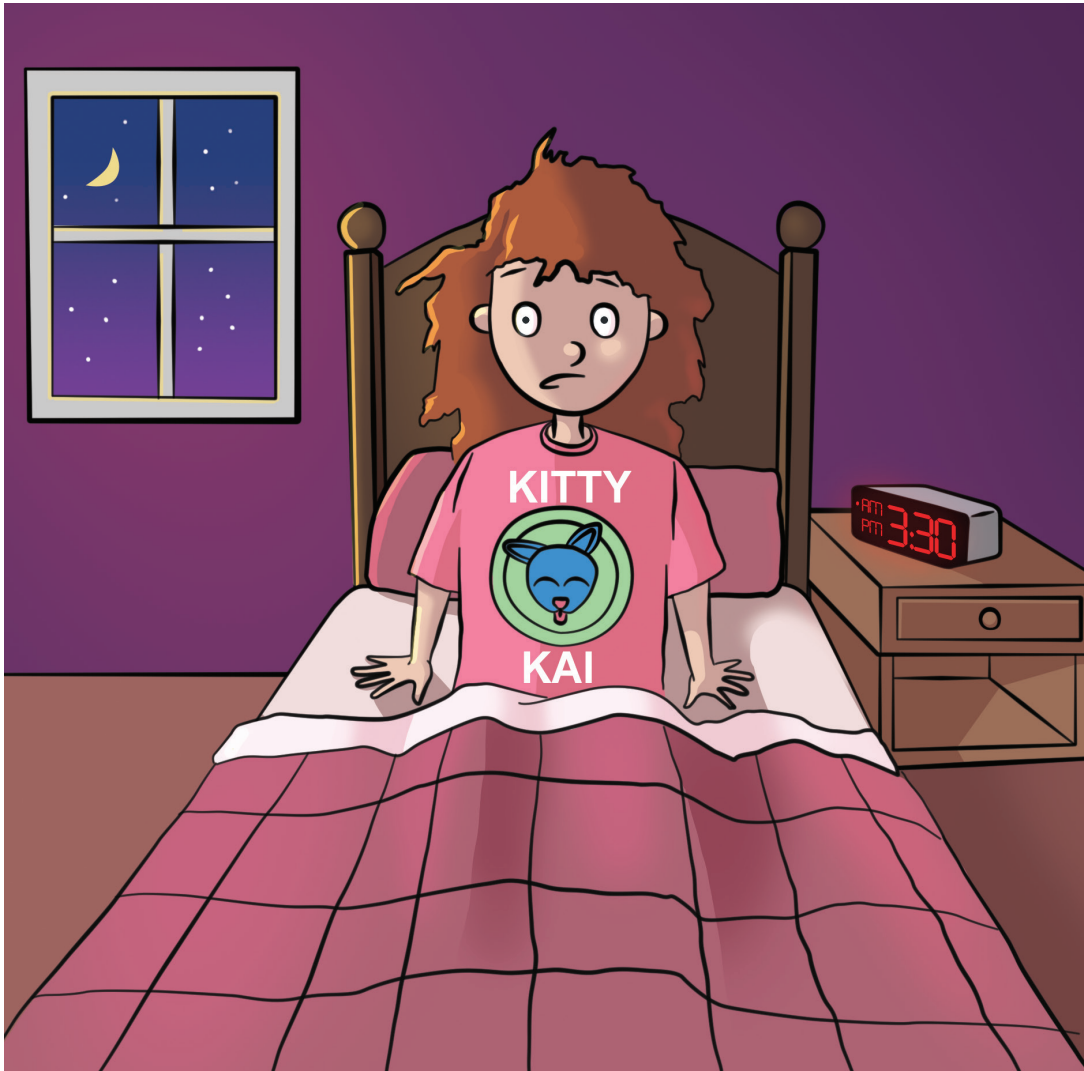
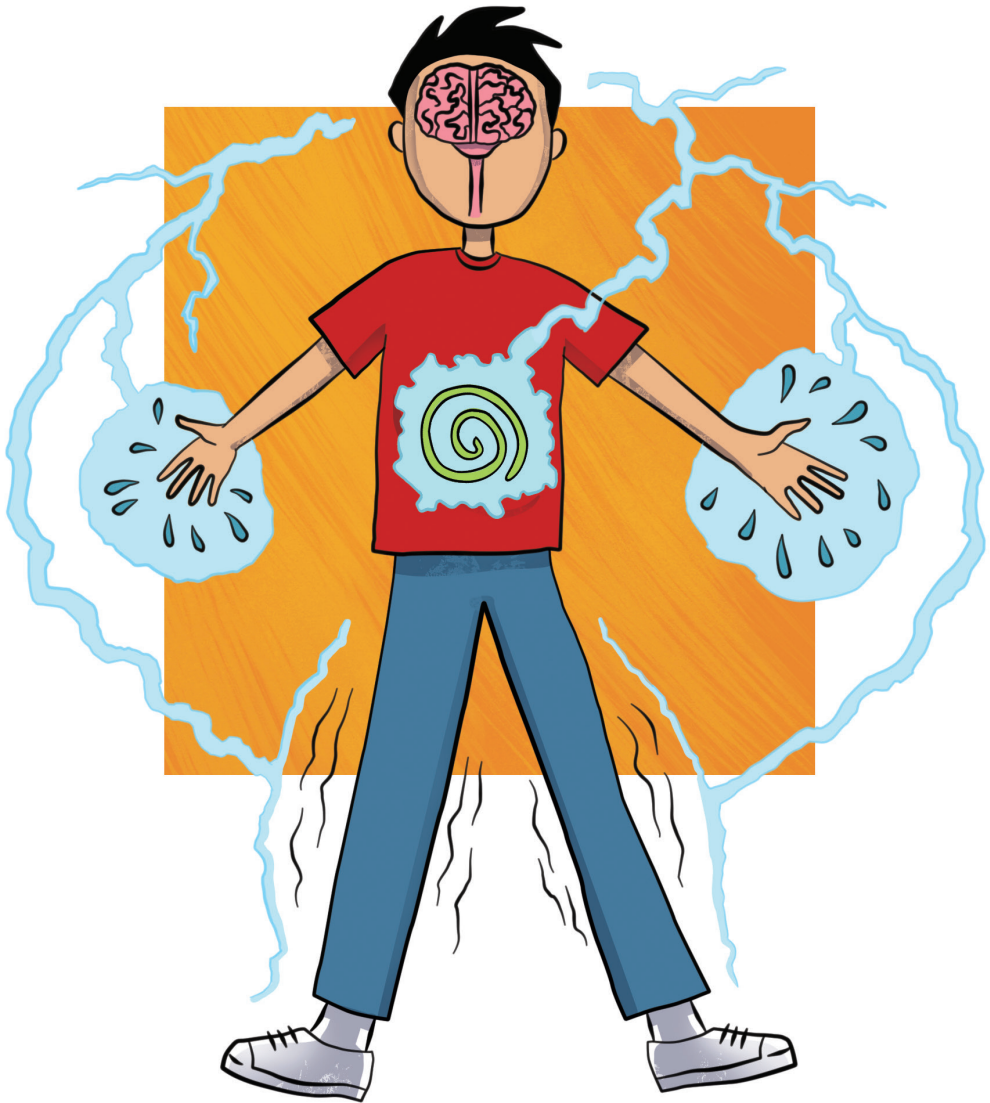


Let's Talk About Stress



You wake up in the middle of the night, and your heart starts pounding. Your head aches, your hands are sweaty, and your stomach hurts. You immediately start to panic and think that you must be getting sick, but then you remember that it's the first day of school!



The anticipation of a big event can cause our bodies to feel **stress**. Worry, **anxiety**, fear, and sadness are all emotions that can cause stress. When your brain anticipates a stressful event, it tells your body to react.

"I didn't sleep well last night," Alexander mumbled. "Math tests never seem to go well for me. It's frustrating when I can't seem to concentrate as soon as the test begins."

"I used to have that problem," Sasha responded. "My mom said I was storing my stress instead of letting it go. She taught me some helpful tricks to stop stressing. First, close your eyes and picture your happy place. Take a deep, **mindful** breath and focus on a positive thought. Think about how your breath is calming your body, and then open your eyes and ace the test!"



Mrs. Anderson passed out the math test and told the class they had until the recess bell to turn it in. Alexander stared at the test and felt his body tense up as the equations blurred across the page.

