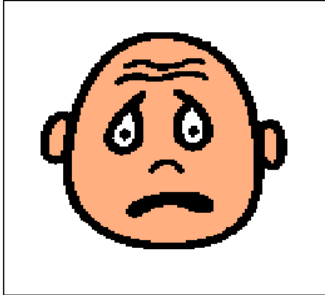
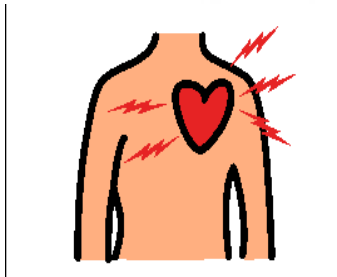


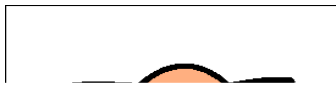
## What is Stress?



Sometimes I feel anxious or stressed.



When I feel stressed it makes my heart beat faster.



Stress and anxiety can make my breathing go fast.  
Stress can make me start to feel dizzy.



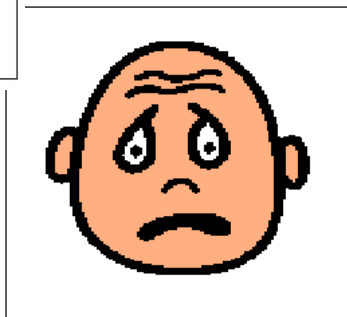
Stress can make my body go tight and my muscles  
feel sore



This is ok, everyone feels this way when we are  
anxious or stressed.



Feeling like this when we worry is ok, because it  
means we are healthy. It is not dangerous.



What helps with stress?

It's okay to worry sometimes. When I worry, I can help myself feel better



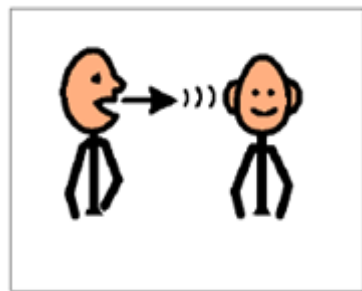
I can try to use slow, deep breaths to feel better



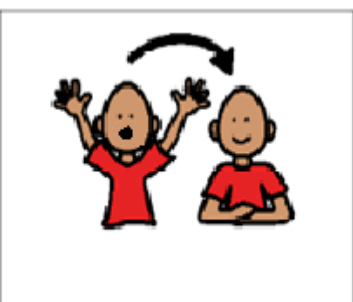
Keeping busy by doing things I like will make me feel better



I can find a cold flannel to put on my forehead



talk to someone about what my worries are



will help me to calm down