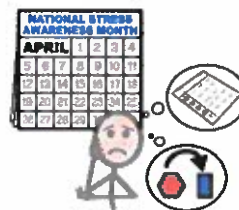




WHAT



STRESS AWARENESS MONTH



April is National Stress Awareness Month in the U.S.



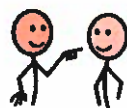
People can learn about stress during this month.



Everyone feels stress sometimes.



You may feel stress when you are worried.





Many things at school or home can cause stress.



or



Changes at school and home can cause stress.



+



Changes to your schedule can cause stress.



Homework and tests can cause stress too.



+

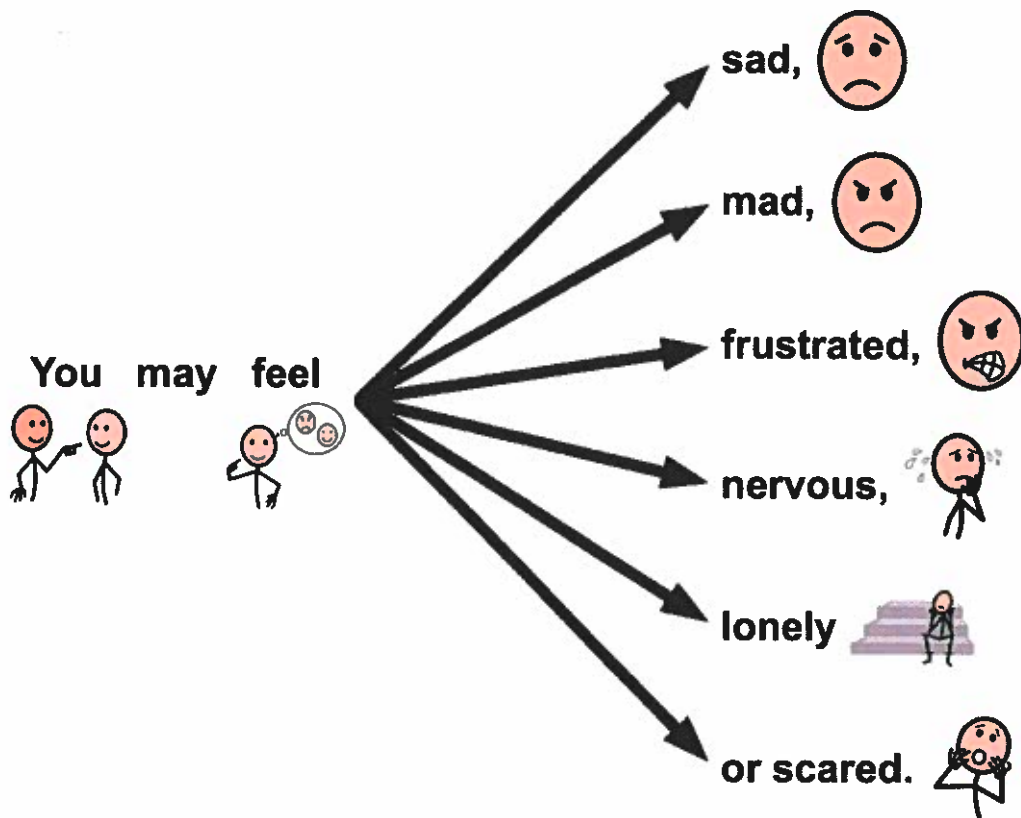
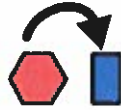


Trying new things can cause stress.





Stress can change your feelings.

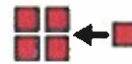
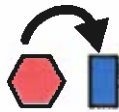


You may feel less happy or less excited.

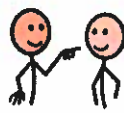




Stress can change your body too.



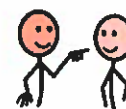
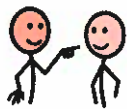
Stress can give you a headache or stomachache.



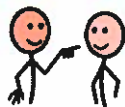
or



You may not sleep well when you feel stress.

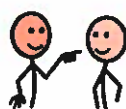


You may eat less food.



Or you may eat more food.

or

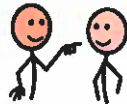




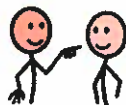
You can do activities to feel less stress.



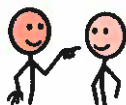
You can exercise.



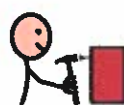
You can get better sleep.



You can eat healthy foods.



You can do something that makes you happy.*



***Read this week's Extension Activity to find more ways to feel less stress.**



Other people can help you feel less stress.

You can talk to someone about stress.

You can talk to a friend, parent, teacher or school counselor.

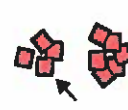
A school counselor works in a school.



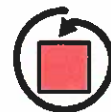
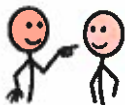
You can talk to a counselor about stress.



A counselor can help you feel less stress.



You can talk to a counselor about your feelings.



A counselor can give you ideas to feel better.



Does your school have a counselor?

