



# What is Stress?

## Signs of Stress

- Trouble sleeping (too much or too little)
- Changes in appetite (eating too much or eating too little)
- Moody, irritably, or cranky
- Crying more than usual or over minor things
- Trouble paying attention/concentrating
- Frequent headaches/stomachaches
- Getting angry easily
- Withdrawing from friends/family
- Clingy behavior
- Increased worries

## Stress in our body

- Headache
- Racing heart beat
- Face feeling not
- Stomach ache or cramps
- Diarrhea
- Shaky legs
- Back pain or neck/shoulder pain
- Chest pain
- Cold or sweaty hands/palms
- Ringing in ears
- Grinding teeth

## Stress triggers

- Messy (room, dishes, toys, clothes)
- Loud noises
- Fight with friend
- School
- Parents arguing/fighting
- Being stuck inside
- People being mean
- Hungry
- Tired, not enough sleep
- Feeling sick
- Parents stressed
- Too much screen time
- Boredom
- Changes in routine/structure



## Coping with Stress



- Take care of your **SELF**: Sleep, exercise, leisure (something fun), and food - healthy eating, drink water
- Support: talk with someone you trust (parent, teacher, friend, relative) and let them know what's on your mind
- Don't take it on yourself or try to solve the problem on your own. Talk with people and let others help you
- Name your feelings (it's ok to be stressed), and pick a helpful coping/calm down strategy
  - Examples: play with pets, ride a bike, breathe slowly-inhale through nose, exhale through mouth, music, games, draw
- Be positive! Remember, we can do things to help ourselves feel better

## Make your own stress ball with just a few items!

### You'll need:

- Balloons
- Rice/flour/sand/beans
- Small funnel, or water bottle with bottom cut out



School Health Alliance  
FOR FORSYTH COUNTY

*Keeping students healthy, fit and ready to learn.*