



Stress Management



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What is stress?



Stress is the body's natural reaction to changes and challenges



School



Illness



Sports



Stress is the body's way of preparing to meet a tough situation



Stamina



Strength



Focus



Some level of stress is normal for everyone, but too much is overwhelming



We all react to stress in different ways



Anger



Frustration



Sadness



Pause til Part 4



Ways to keep stress under control



Eat Well



Get Good Sleep



Exercise



Use your life skills



Communication

Problem Solving



Do things that make you happy



Dance



Spend time with friends



Be realistic



Focus on your strengths



Don't try to be perfect



Talk to someone



Learn to relax



Negative ways to deal with stress

- **Bullying**
- **Fighting**
- **Skipping school**
- **Alcohol, drugs**



Signs you should seek help



- **Grades are dropping**
- **Tired all the time**
- **Headaches, stomach aches**
- **Feeling sad or hopeless**



Thank you!



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