

GOOD STRESS, BAD STRESS



Good or positive stress can make you feel excited and energized—but **bad or negative stress** can cause you to feel anxious, upset, nervous and totally “stressed out.”

Many situations are stressful if you don't feel you are in control of them. But what is stressful for one person is not necessarily stressful to another. It can even be fun for them! For some, speaking in front of a group can be super-stressful while others can feel right at home.

So, whether you get all excited, or all stressed-out is really up to you! Here are some tips to help you feel in control over your life so you won't feel stressed.

Talk it over – if you're upset with friends or family, talk it out with them to clear the air.

Get organized – prioritize your homework and start your assignments early.

Ask for help – if you feel like you have too much to do (homework, chores, after-school activities), ask your family for help.

Learn to relax – practice relaxing by doing things you enjoy.

Good (positive) stress

- ★ Energizes and excites you

Bad (negative) stress, on the other hand, can make you...

- ★ stomach ache.
- ★ back or your neck stiff and sore.
- ★ heart beat too fast.
- ★ head hurt.

GOOD

vs.

BAD

STRESS