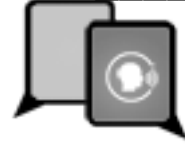


Name : _____

Date: _____

EVERYDAY SPEECH

Dealing with Stress



We all get stressed out sometimes. Being stressed happens when we feel upset or overwhelmed. It's important to have some strategies to try when we feel this way so we can handle it!

What was stressing Bobby out?

What did he do when he was upset?

Did this help the problem?

What did he use to feel less stressed?

WHAT ARE 3 THINGS THAT MAKE YOU FEEL STRESSED

1.

2.

3.

CIRCLE STRATEGIES YOU COULD USE TO FEEL LESS STRESSED

Take a walk

Call a friend

Listen to music

Draw a picture

Talk to an adult

Take deep
breaths