

Stress

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Can Really Get on Your Nerves



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Stress Can Really Get on Your Nerves

Trevor Romain & Elizabeth Verdick

Illustrated by Steve Mark

free spirit
PUBLISHING®



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Dedication

This book is dedicated to our families who, with their loving support, helped us not stress out while putting it together.

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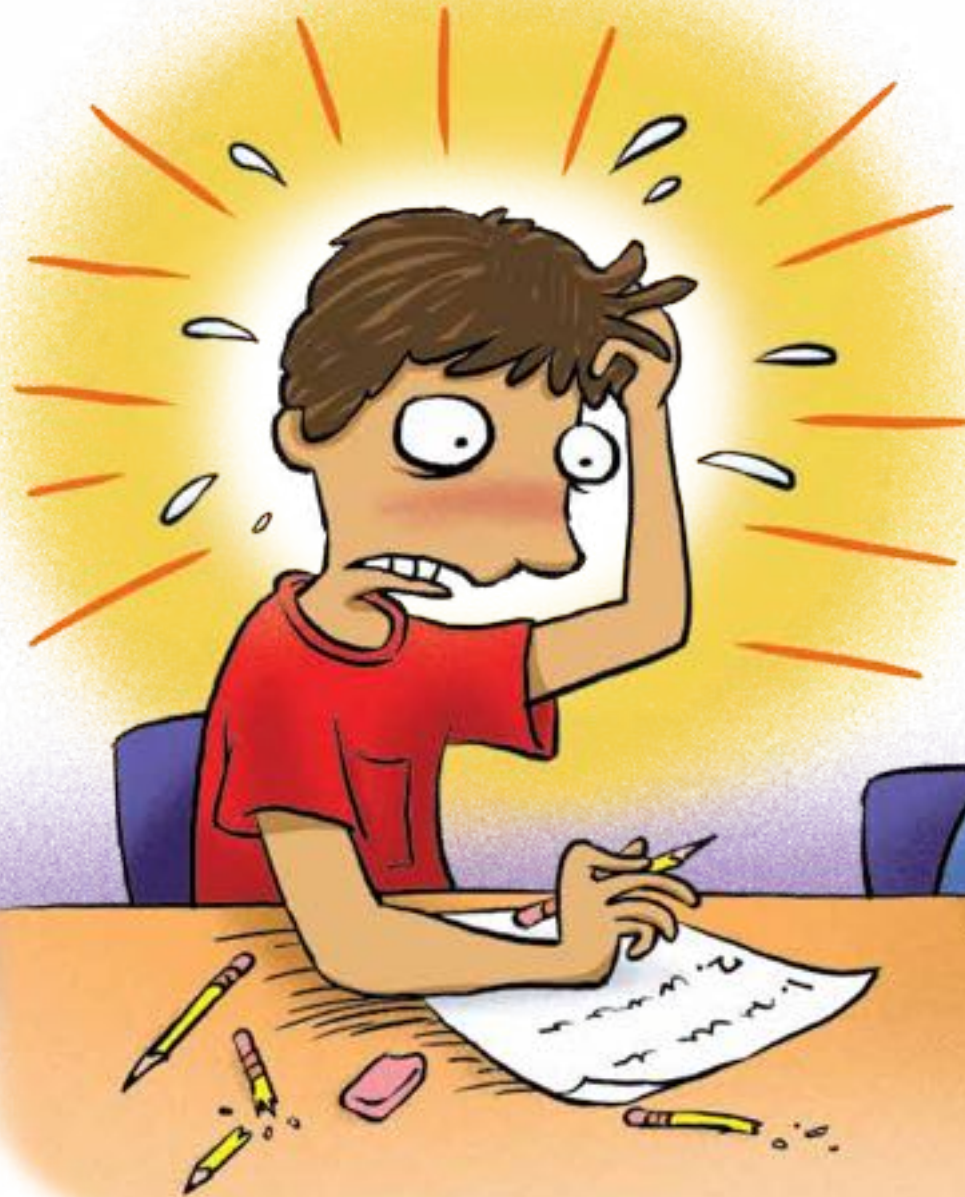
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Test Your Stress

Before you read the rest of the book, take this fun test. And don't worry! You automatically get an A just for answering the questions.

1. At night, do you have dreams about getting chased, taking a test where you don't know any answers, or standing in front of a bunch of people without your clothes on? **Yes** or **No**

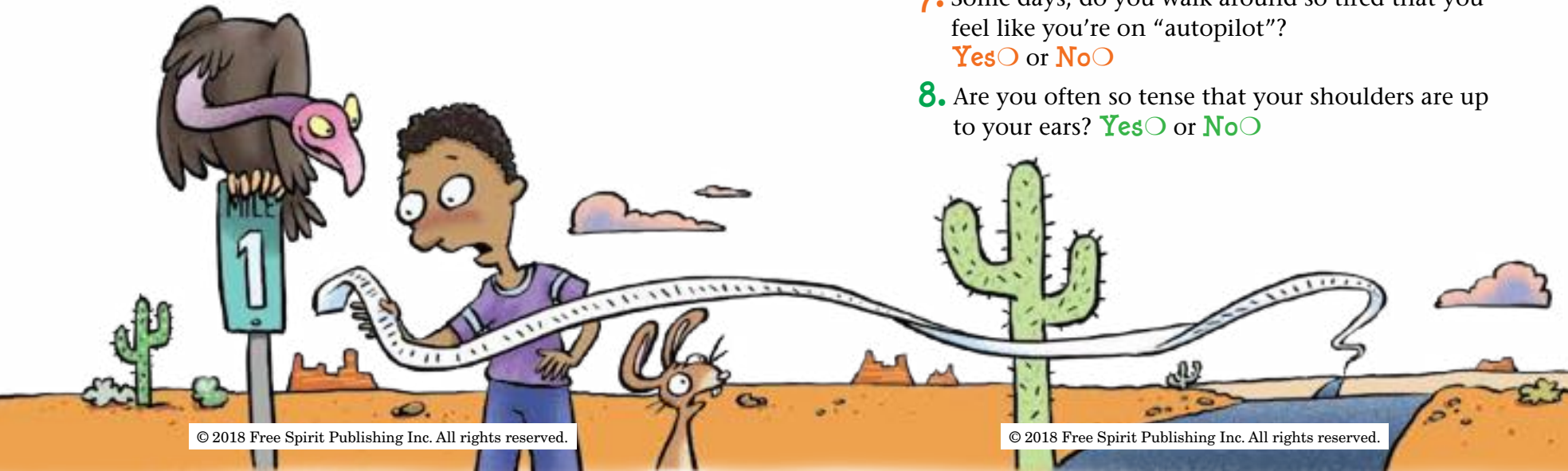




2. Does the thought of going to school ever worry you so much you could almost puke?
Yes or No
3. Does your head sometimes feel like it's being squeezed by a boa constrictor?
Yes or No
4. Does your to-do list seem a mile long?
Yes or No



5. Would a good nickname for you be "Grouchy McStress"? Yes or No
6. Do you ever wish for a magic wand to make your stress—POOF—disappear? Yes or No
7. Some days, do you walk around so tired that you feel like you're on "autopilot"?
Yes or No
8. Are you often so tense that your shoulders are up to your ears? Yes or No



9. Do you wish aliens would capture you, so you could escape from your problems? **Yes** or **No**
10. Are you sometimes as jumpy as a rubber ball bouncing off the ceiling? **Yes** or **No**
11. Does the world ever seem to be spinning so fast that you want to get off for a moment and take a break? **Yes** or **No**



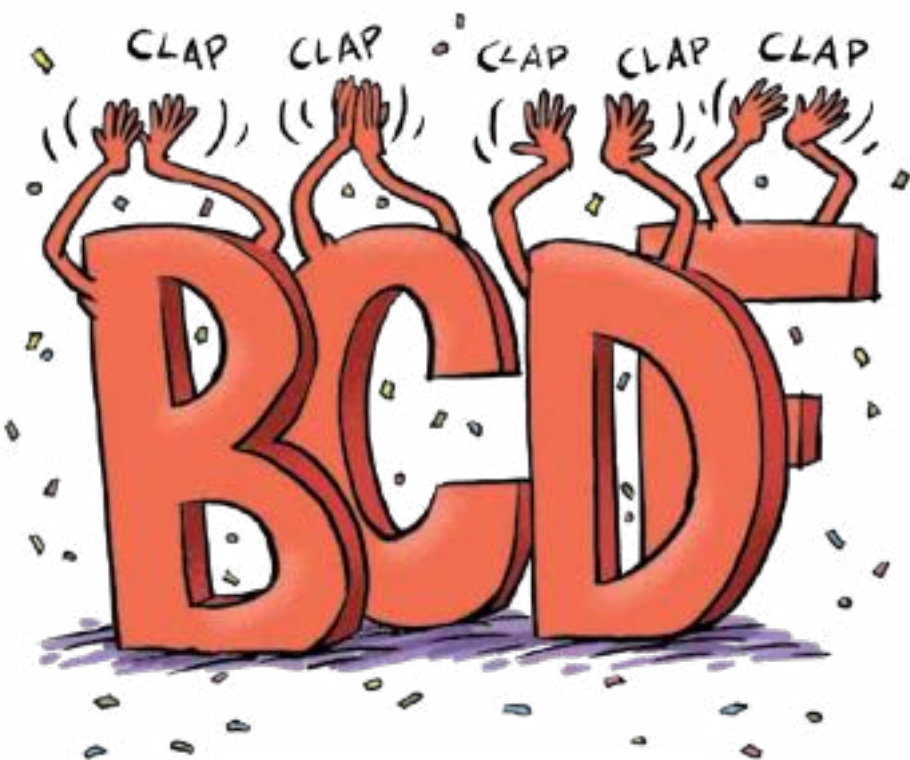
How Did You Do?

If you answered **yes** to all or most of these questions, you are *stressed out*. This book can help.

If you answered **yes** to some of the questions, you can use this book to deal with stressful days.

If you answered **no** to all of the questions, you're cool as a cucumber. Keep reading to learn how to stay that way.

Here's your **A**...



What the Heck Is Stress?

Stress is what you feel when

1. situations make you uncomfortable

or

2. you're worried about something that has happened, will happen, or *might* happen.



WHAT IF . . .

I fail? I faint?

I FALL APART?

PEOPLE LAUGH?

I get hurt?

I MAKE A MISTAKE?

I do it wrong?

NO ONE LIKES ME?

I FALL FLAT ON MY FACE?

That STRESS Feeling:

Seems to take over your mind and body, and causes . . .

Tension in your muscles. It's a . . .

Reaction to things that are new, scary, or different. It's . . .

Especially common in kids who are shy, have many pressures at home or school, or want to be "the best." It's also a . . .

Source of headaches and stomachaches. And it's . . .

Something lots of kids don't recognize until they understand the symptoms.



Stress can cause you to be so anxious that your body sends you weird and mixed-up signals. Believe it or not, you may find yourself sweating in a cold room or shivering on a hot day. You might even feel as if you're crawling out of your own skin.

Here are words
to describe that
STRESS feeling:

ALL ALONE uptight **MOODY**

CRABBY **TIRED OUT**

FREAKED OUT **JITTERY** **QUEASY**



ANXIOUS

Nervous

goose-bumpy burned out

JUMPY **PANICKY** **EXCITED**

WIRED **CONFUSED**

pressured

TENSE

shaky

cranky



EDGY

fidgety

FRUSTRATED

ready to burst

trapped

RESTLESS

UPSET

TROUBLED

WOUND UP mixed up



SCARED

WORRIED

OVERWHELMED

Different Types of Stress

Sometimes stress hits you all at once, like someone poured a bucket of water over your head. But sometimes stress is **SNEAKY**. It slowly creeps up, and you sense something's wrong but you don't know what it is.



Then there's the stress that just won't go away. It's been around so long that it's almost like a member of the family.

Stress takes its job **verrrrrrry** seriously. Look at all the things it's responsible for:



STRESS'S JOB DESCRIPTION

- Keep kids up all night with worry.
- Make them wake up feeling tired and tense.
- Give them a sick feeling in their stomach and head.
- Cause them to feel sad, angry, helpless, alone, or upset.
- Make them anxious about life.
- Make it harder for them to do well in school, have fun, or try new activities.
- Get them to scream and yell, or take out their feelings on other people.
- Make them want to run and hide.
- Convince them there's no such word as *relax*.