

You can reduce the stress in your life by being a stress detective

Having a lot of stress in your life can make you worry more. Some kinds of stress can't be avoided, but other kinds of stress can be reduced and even eliminated. There are lots of different kinds of stress. Look at the kinds of stress below and circle the ones that can be reduced with a blue pen or crayon and circle the ones you just have to get used to with a red pen or crayon.

1. Loud music.
2. Not getting enough sleep.
3. A parent is far away.
4. A parent or family member is sick.
5. You have to go to a new school.
6. You are being bullied at school.
7. You have a health problem, like asthma or a peanut allergy.
8. You have an annoying little brother or sister.
9. Your computer is broken.

In the chart below write in the stresses that you circled in blue. Write in the time of day that they occur, and then write in ways that you can reduce each stress. Ask a grown-up for help if you can't think of ways to reduce each stress.

THINGS THAT CAUSE STRESS BUT CAN BE REDUCED.	TIME OF DAY STRESS OCCURS.	THINGS YOU CAN DO TO REDUCE THIS STRESS.