

I get stressed a lot! Sometimes I can't fall asleep at night. What can I do to not feel so stressed out?

—Stressed in Sydney

Dear Stressed,

Life can be stressful. Luckily, there are a lot of ways you can de-stress and feel better!

Even if you feel like you're in the red zone of the stress gauge now, it's possible to make it to the green zone, where you'll feel less stressed and more blessed!

If your stress doesn't get better, be sure to talk to a parent or trusted adult for help.

Cut out the meter and arrow. Pin them together with a metal fastener and measure your stress level. Then try some or all of these activities to help you turn down your stress!

- ☐ Pray for help.
- ☐ Do something you enjoy.
- ☐ Tell someone how you feel.
- ☐ Take 10 deep breaths.
- ☐ Play tag, hike, run, bike, or dance.
- ☐ Do a nice thing for someone.
- ☐ Make a poster of a favorite scripture.
- ☐ Sing or listen to music or hymns.
- ☐ Try writing a joke or riddle.
- ☐ Get creative! See the next page for an idea.

