

October SEL Newsletter

Keeping Stress In Tune

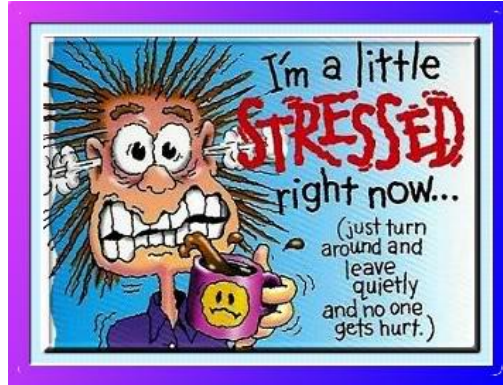


What do we know about Stress?

- Stress is our body's way of making us more alert and ready to take on challenges
- The "Stress Response" can help to keep us safe
- When stress is kept in balance, it can benefit us and help us perform
 - It takes **self-awareness** and **self-management** to keep our stress in tune

Self-Awareness

- **Signs our Stress is Out of Tune**
 - Butterflies in your stomach
 - Worry
 - Cranky
 - Headache
 - Can't concentrate
 - Jumpy

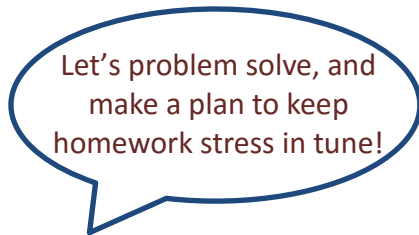


Self-Management

- **Techniques to Practice Keeping our Stress in Tune**



- **When we Problem Solve we can Manage Stressful Situations**



Keeping My Homework Stress In Tune		
Time	What To Do	De-Stress Tips
Before Bed Every Night	• Put homework in backpack	• Get some sleep
In the Morning	• Take backpack to school	• Talk to friends
In Class	• Turn in homework • Get new homework	• Take a deep breath • Ask for help
After School	• Get homework out • Do homework	• Listen to music • Walk the dog • Laugh

Benefits of Keeping our Stress in Tune



Concentrate Better



Tests will be easier to take



Be in a better mood



Less headaches & stomach aches



Keep it up and we'll be healthier too!