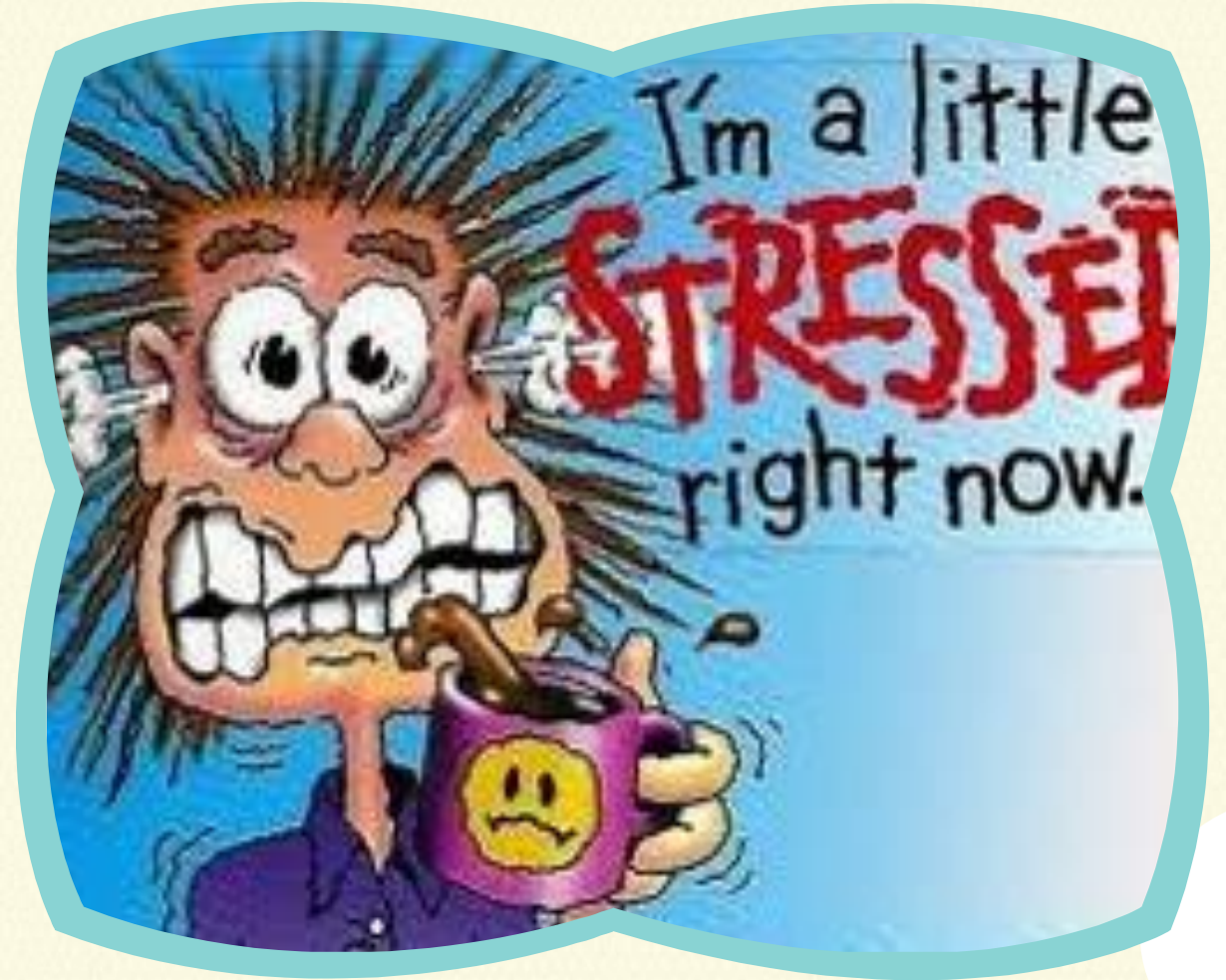


Do **YOU** feel
the same way too?

Fret not, You are not alone.

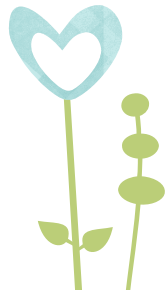
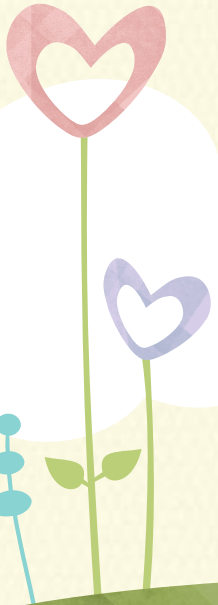
Read on...



What is **stress**?

Is stress

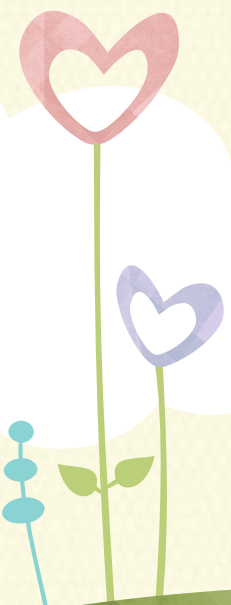
good or bad?



What is **stress**?

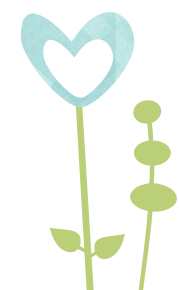
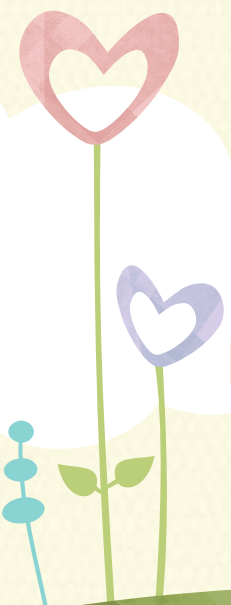
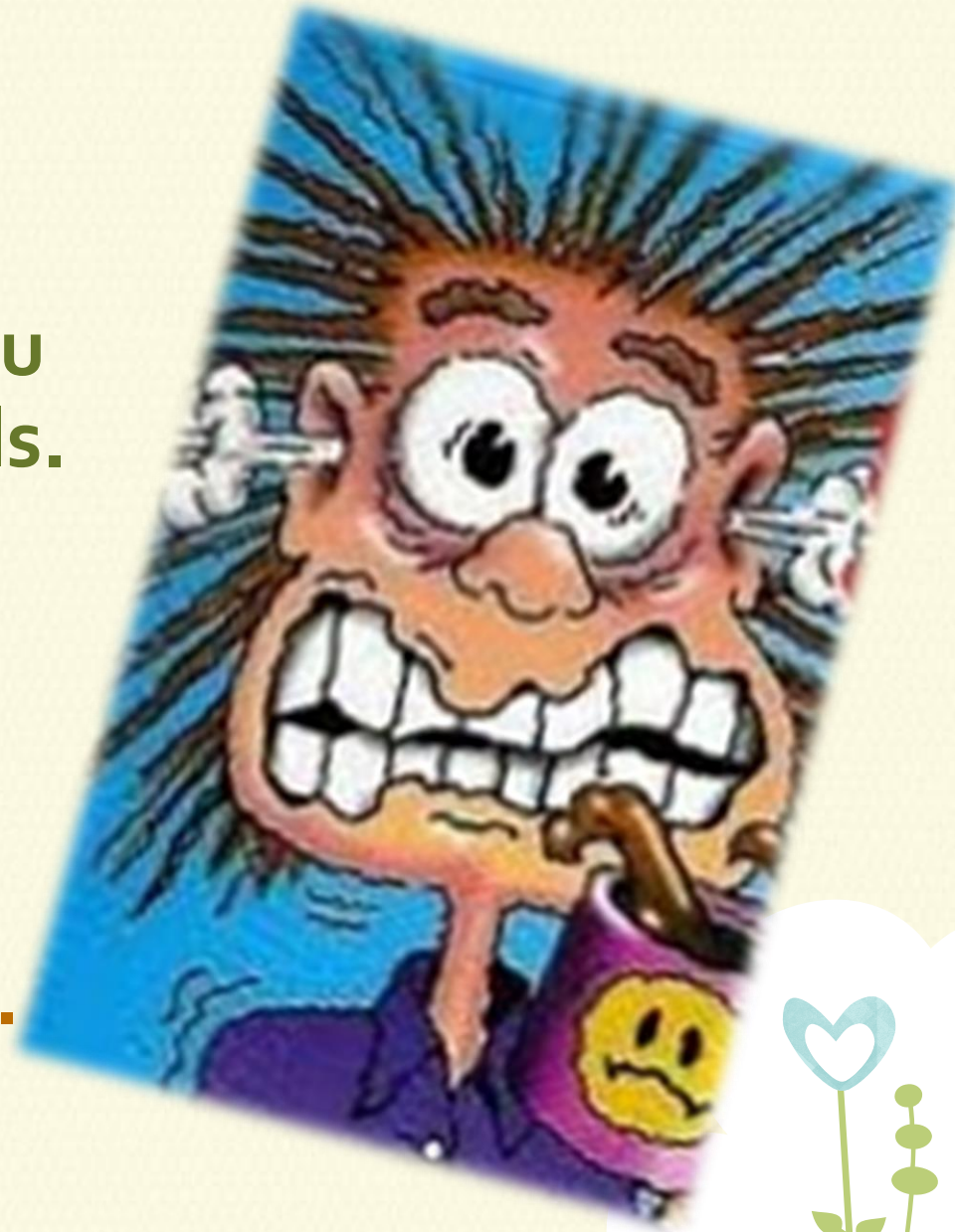
Stress is when you are worried and uncomfortable about something.

You may feel bad, sad, scared or mad...



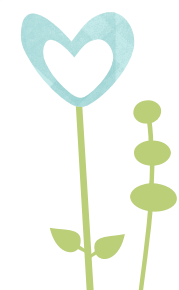
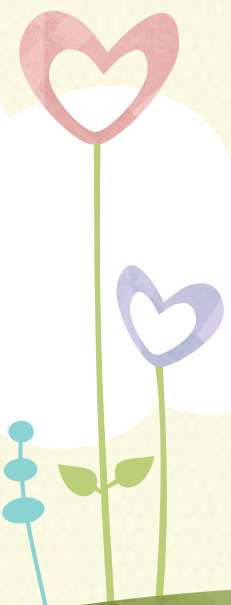
Stress is **good** when it motivates you to work hard, helps you get things done and achieve your goals.

E.g. Practising for your
Good Morning, Rivervale or
revising for an upcoming test / exam.



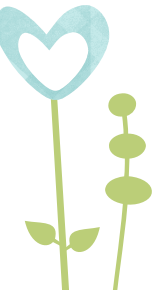
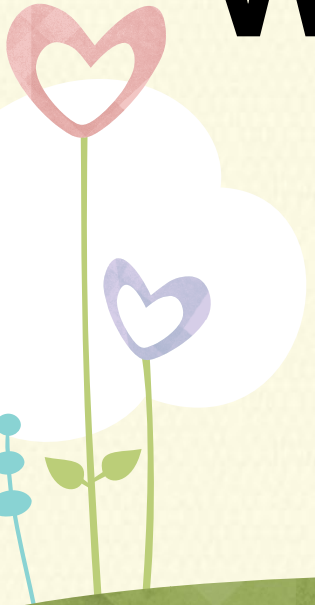
Stress is **bad** when it harms your health, affects your relationship with people and impairs your everyday living.

E.g. Body pains,
unable to sleep and/or eat well,
cannot concentrate,
loses interest in things you enjoy,
aggressive / moody...



Stressed?

What can you do?



Huggable Helper: *Mr Bear*



Swing by the
counselling room for a
fluffy-fabulous and
feel good

HUG

from Mr Bear

Talk it out...

If you've got a *problem*

And you think you're feeling

SAD, SCARED, MAD,

Tell it to the *Counsellor*

And it *won't be so bad.*

Hum a Happy Tune...

*If you're **stressful** and you know it,
talk it out (x2) [Yaber-Daber]*

*If you're **stressful** and you know it
and you really want to shoo it*

*If you're **stressful** and you know it,
talk it out. [Yaber-Daber]*

Sung to the tune of "If you're happy and you now it"

Think positive...

■ **Positive self-talk:**

- *It may be tough, I will still give it a try.*
- *I am not alone; I am supported by my family, teachers, friends...*
- *This is not the end of the world; I have options, I am hopeful.*

Check out your school counsellor's webpage on the school's website for the following **self-help book** for children:



Nugget Three: When I'm in school...

3 chapter

Learning my ABC, Managing my STRESS

Do you have **most of the symptoms** listed below? If so, you are probably feeling worried and nervous about something. In other words, you are feeling **stressed**.

Negative Thoughts?

- Having Nightmares?
- Fitful sleep?
- Tense Muscles?
- Butterflies in the stomach?
- Diarrhoea or constipation?
- Wobbly legs?
- Dizzy?
- Ringing, buzzing or popping sound?
- Dry mouth/ grinding of teeth?
- Feeling breathless?
- Racing heart beat?
- Sweating a lot?
- Trembling?

A cartoon illustration of a boy with black hair and glasses, wearing a green shirt with a red heart and leopard-print shorts. He has a sad expression and is holding his hand to his face. A speech bubble above his head says 'Negative Thoughts?'. Various callout boxes point to different parts of his body, listing symptoms of stress. The background is a light brown color with a subtle pattern.

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External help...

- **Tinkle Friend Helpline:**

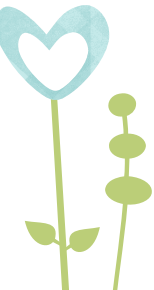
1800-2744-788

- **Chat online at:**

www.tinklefriend.com

Stressed?

What can you do?

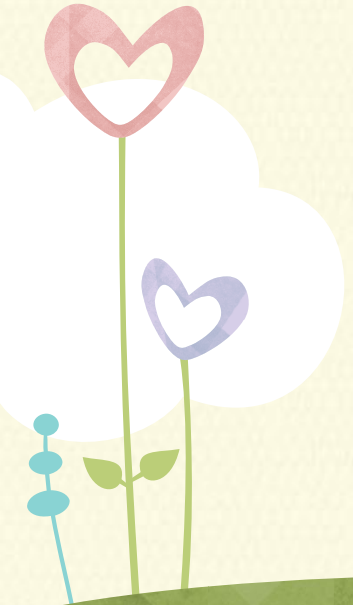


Relaxation Exercises



BELLY BREATHING

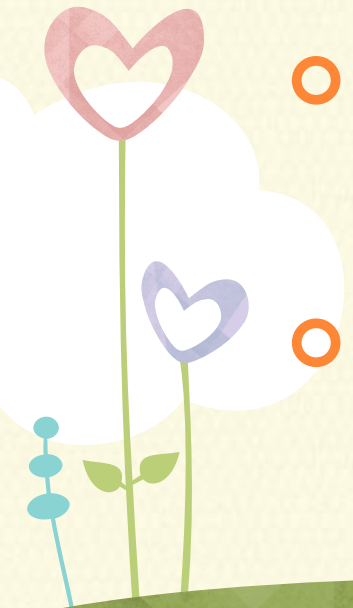
- Hand on your belly
- Close your eyes
- Breathe **in** through your **nose**;
hold, 1, 2, 3, 4...
- Breathe **out** through your **mouth**:
Whoosh...



LEMON SQUEEZE

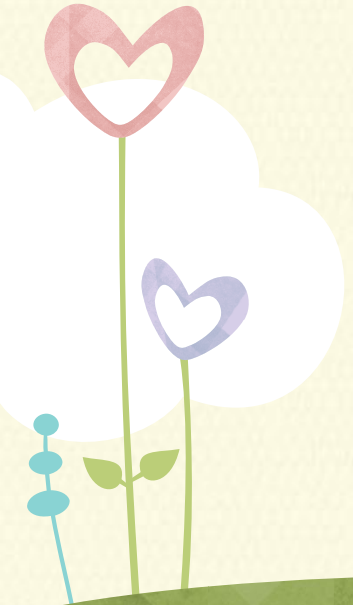
- Pretend you have a **lemon** in your ***left hand**
- **Squeeze & hold**; 1, 2, 3, 4...
- **Drop** the lemon

*Repeat with right hand



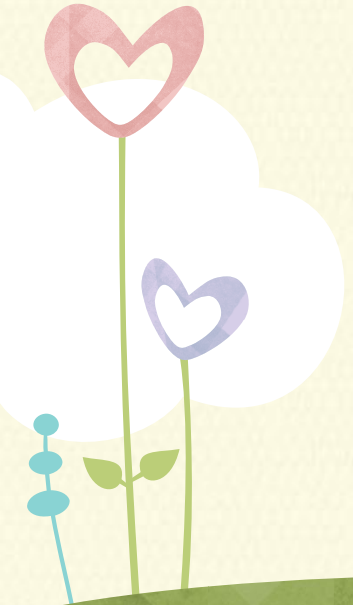
SHOULDERS STRETCH

- **Stretch your arms** in front of you
- **Raise arms high over your head**
- ***Hold, 1, 2, 3, 4...***
- **Drop your arms**



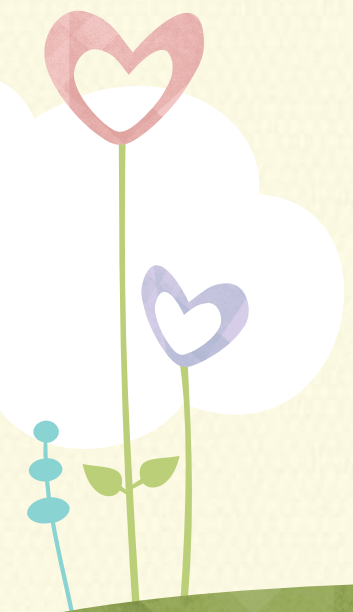
SHOULDERS STRETCH

- Arch your shoulders back
- *Hold, 1, 2, 3, 4...*
- *Relax...*



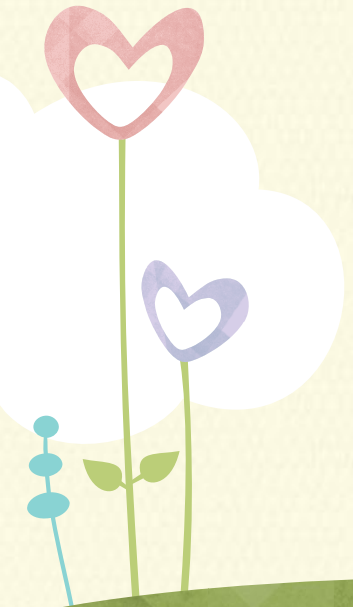
TURTLE TUCK

- Lower your head to your chest
- Pull your shoulders up to your ears
- *Hold, 1, 2, 3, 4...*



TUMMY TUCK

- **Suck in your tummy**
- ***Hold, 1, 2, 3, 4...***
- ***Relax...***





Be HOPEFUL & HAPPY

Check out your school counsellor's webpage
on the school's website re:

Nuggets Takeaway (September 2014):
Becoming a Happy and Positive YOU!

