



Spotlight On Health

Kids Have Stress Too!

Sometimes we all find ourselves in situations that make us stress out. There can be a whole lot of reasons for this. Maybe you're moving to a different area or maybe you're concerned about what you're going to do this summer? Talk to your parents or a responsible adult about it instead of keeping it bottled up inside. They may have a different view that may help you figure out a different way to deal with the stress.

Here's some ideas to help you de-stress!

- Get physically active! Don't just sit! Get up! Get out and move! Physical activity increases your body's endorphin levels. They are the natural feel good chemicals in the body which leave you with a natural happy feeling.
- Eat good food! When you wake up in the morning, your body needs you to eat breakfast and get the energy you need to start your day! Eating regular meals and healthy foods will make you feel better. Load up with fruits, vegetables, proteins like peanut butter, tuna salad and grains (wheat bread, etc). Sugary snacks only last a short time - once it wears off, you can feel tired than usual. For a snack - grab a banana, string cheese or a granola bar!
- Laughter is the best medicine! We've all heard that before and it's true! Head stress off by watching a cartoon, a funny movie or read a funny book.
- There's nothing like friends! Get a group together or just one and do something! A few suggestions - play a board game, hang out and talk, play jump rope, play on the playground, play hopscotch or shoot some hoops!
- Take time to relax. Sit and read a good book, take a nap, listen to your favorite music. You need to find time to chill out after a hard day sometimes.



- Get some sleep! Fatigue makes stress worse. When you don't get enough sleep, it's hard to deal with problems, can't think clearly and sometimes cranky. A problem will often seem bigger than it is and you can't do your best.
- Another great way to relax for some is to write things down in a journal. That way you get it off your chest. Sometimes when you do this, you can figure out solutions.
- Organize your day! Being unprepared for school, activities, sports can make anyone's day stressful. Make an effort to plan better and get things done! You will feel better about yourself in the long run.
- Get involved! Get involved in any activity that helps others! It's almost impossible to feel stressed out when you're helping others. To help someone else is as easy as holding a door for someone, saying hello or doing a random act of kindness. Everyone feels better when they do a good deed.
- Lighten up on yourself! Getting upset over every little thing will increase your stress issues. Let some things slide. Pick only a few of the really important issues to deal with and let the rest go. Plus remember, you are not alone - everyone has stress to deal with. It's up to you on how you choose to deal with it.