

MAKING STRESS YOUR FRIEND



STRESS IS INEVITABLE

You stress about things you care about, so a meaningful life has some stress

STRESS ISN'T ALL BAD

Your stress responses help you gain skills, get stronger, inspire courage, stir compassion, and can help you succeed

STRESS AND YOUR BODY

Stress responses give your body access to mental and physical reserves

STRESS AWARENESS

When you feel your body responding to stress, ask yourself which part of the stress response you need most

STRESS AND YOUR MINDSET

Fear it less, trust yourself to handle it, embrace the nerves, channel it as excitement, and ask for help if it's overwhelming

It's ok not to be ok. Reach out for help if you need it.

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