

Take Charge of Stress

When we get mad, scared or worried, our bodies make chemicals from the stress, like the hormone called cortisol. It speeds the heart rate, quickens the breath, increases blood pressure and even boosts the amount of energy supplied to our muscles.

If stress is starting to wear you down, you can...

- ✓ **RUN**
- ✓ **PLAY**
- ✓ **TAKE DEEP BELLY BREATHS**
- ✓ **COUNT BACKWARDS**
- ✓ **LISTEN TO MUSIC**
- ✓ **IMAGINE BEING IN YOUR
"FUN AND HAPPY PLACE"**

You can do it!

