



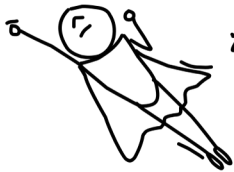
MANAGING STRESS

FOLLOW ALONG ON HAWKS AT HOME WITH DR. KENSA GUNTER, COACH NARCIS, AND COACH BLESS. AS YOU WATCH THE VIDEO, ANSWER THE QUESTIONS BELOW.

One word to describe how you're feeling right now:

One of the most courageous things we can do is talk about our feelings.

What are some things that make you feel overwhelmed or stressed?



It's important to be aware of what is making you feel overwhelmed.

WHAT IS STRESS?

The feeling you get when there's more going on than you can handle. It shows up when things feel hard, confusing, or overwhelming.



Name a time you had too much on your plate or didn't take time to rest:

When you're stressed, what's something you do to help you feel better?

Blank space for writing an answer to the question above.

What makes it hard to take care of yourself sometimes?

Blank space for writing an answer to the question above.

AFFIRMATION:

I have the tools to handle stress in a positive way.

What is something you do to promote wellness in your life?

Blank space for writing an answer to the question above.

