

Stress

N

Can Really
Get on Your
Nerves



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Test Your Stress

Before you read the rest of the book, take this fun test. And don't worry! You automatically get an A just for answering the questions.

1. At night, do you have dreams about getting chased, taking a test where you don't know any answers, or standing in front of a bunch of people without your clothes on? **Yes** ☐ or **No** ☐





2. Does the thought of going to school ever worry you so much you could almost puke?

Yes ☐ or No ☐

3. Does your head sometimes feel like it's being squeezed by a boa constrictor?

Yes ☐ or No ☐

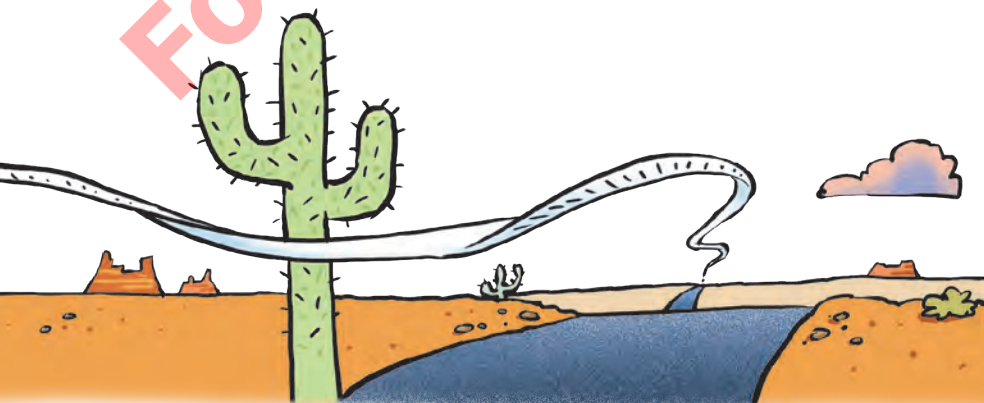
4. Does your to-do list seem a mile long?

Yes ☐ or No ☐

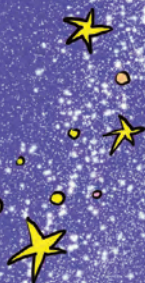




5. Would a good nickname for you be “Grouchy McStress”? **Yes** ☐ or **No** ☐
6. Do you ever wish for a magic wand to make your stress—POOF—disappear? **Yes** ☐ or **No** ☐
7. Some days, do you walk around so tired that you feel like you’re on “autopilot”?
Yes ☐ or **No** ☐
8. Are you often so tense that your shoulders are up to your ears? **Yes** ☐ or **No** ☐



9. Do you wish aliens would capture you, so you could escape from your problems? **Yes**○ or **No**○
10. Are you sometimes as jumpy as a rubber ball bouncing off the ceiling? **Yes**○ or **No**○
11. Does the world ever seem to be spinning so fast that you want to get off for a moment and take a break? **Yes**○ or **No**○





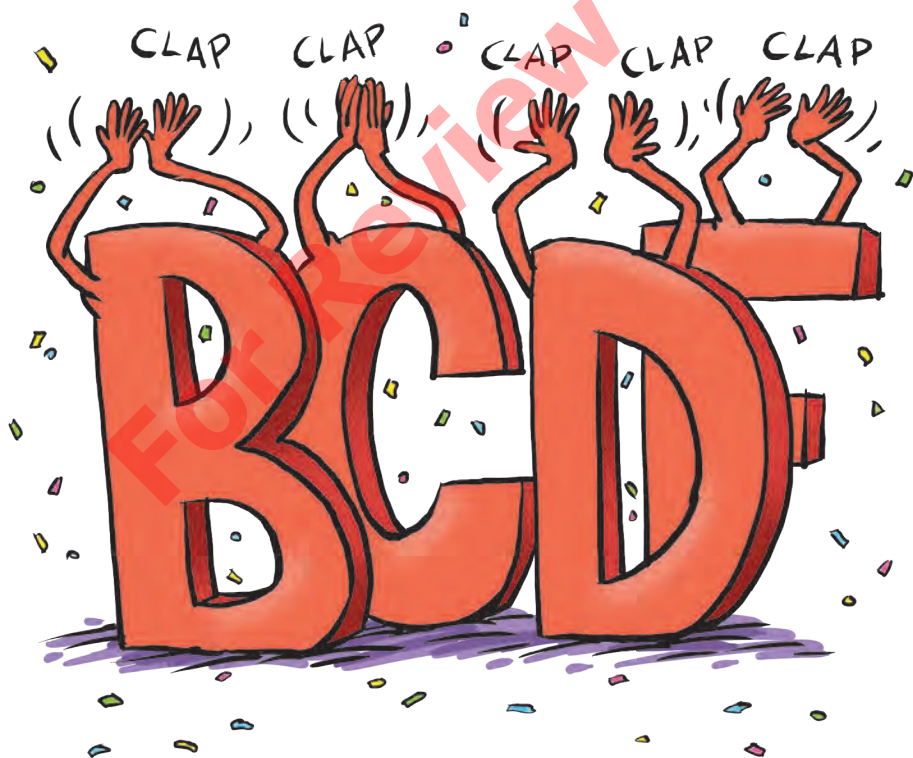
How Did You Do?

If you answered **yes** to all or most of these questions, you are *stressed out*. This book can help.

If you answered **yes** to some of the questions, you can use this book to deal with stressful days.

If you answered **no** to all of the questions, you're cool as a cucumber. Keep reading to learn how to stay that way.

Here's your **A...**





chapter 1

What the Heck
Is Stress?

Stress is what you feel when

1. situations make you uncomfortable
- or
2. you're worried about something that has happened, will happen, or *might* happen.



WHAT IF . . .

I fail? **I faint?**

I FALL APART?

PEOPLE LAUGH?

I get hurt?

I MAKE A MISTAKE?

I do it wrong?

NO ONE LIKES ME?

I FALL FLAT ON MY FACE?

That STRESS Feeling:

Seems to take over your mind and body, and causes . . .

Tension in your muscles. It's a . . .

Reaction to things that are new, scary, or different. It's . . .

Especially common in kids who are shy, have many pressures at home or school, or want to be "the best." It's also a . . .

Source of headaches and stomachaches. And it's . . .

Something lots of kids don't recognize until they understand the symptoms.



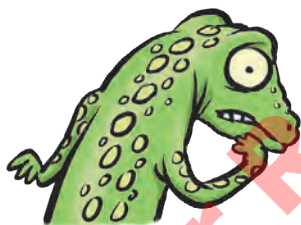
Stress can cause you to be so anxious that your body sends you weird and mixed-up signals. Believe it or not, you may find yourself sweating in a cold room or shivering on a hot day. You might even feel as if you're crawling out of your own skin.

Here are words to describe that STRESS feeling:

ALL ALONE uptight MOODY

CRABBY TIRED OUT

FREAKED OUT JITTERY QUEASY



ANXIOUS

Nervous

goose-bumpy

burned out

JUMPY

panicky

EXCITED

WIRED

CONFUSED

pressured

TENSE

shaky

cranky



EDGY

FRUSTRATED

fidgety

ready to burst

trapped

RESTLESS

UPSET

TROUBLED

WOUND UP

mixed up



SCARED

WORRIED

OVERWHELMED