

Building A Healthy Future

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Symptoms Of Stress

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Emotional

- Overwhelmed
- Irritable
- Anxious or fearful
- Lacking in self-esteem

How you may feel physically

- Headaches
- Muscle tension or pain
- Dizziness
- Sleep Problems
- Feeling tired all the time
- Drained

Mental

- Racing thoughts
- Constant worrying
- Difficulty concentrating
- Difficulty making decisions

How you may behave

- Eating more
- Snapping at people
- Avoiding things or people you are having problems with

Fight Or Flight

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<https://www.youtube.com/watch?v=JtSP7gJuRFE&feature=youtu.be>

What Stresses You Out?

- Homework?
- The internet not working?
- Tidying up?
- Other people?
- The weather?
- Pets?
- Eating food you don't like?

**What links all of these stressors?
Expectations?**

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How Do You Cope With Stress?

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- What does it mean to cope with stress?
- How do we manage it?



A HEALTHY YOU

**Cornwall
Wildlife Trust**



**OUR
BRIGHT
FUTURE**

A Mindful Classroom?

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<https://www.youtube.com/watch?v=iBpE-Ya74w2Y&feature=youtu.be&t=4s>

<https://www.youtube.com/watch?v=Uxb-dx-SeOOo&feature=youtu.be>

Journal Entry

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- Fill in the 'what is worry' sheet and positive characteristics sheet
- Finish your mandalas