STRESS MANAGEMENT FOR KIDS







THERE ARE 2 TPYES OF STRESS

Distress and Eustress





EUSTRESS-POSITIVE



Challenges you to grow



DISTRESS-NEGATIVE



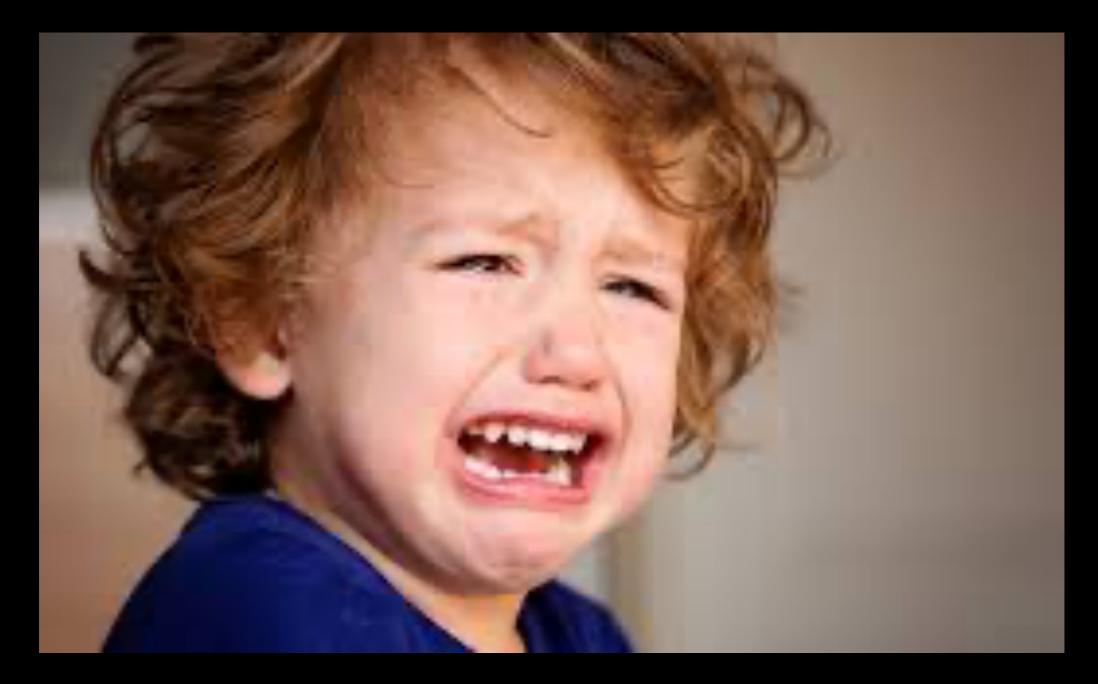
Depletes your energy



WHAT IS STRESS MANAGEMENT?

The art of managing your distress energy and your eustress energy?





WHAT ARE EXAMPLES OF DISTRESS ENERGY?

Having a pity party, feeling sorry for yourself, blaming others for how you feel, waiting for others to tell you what to do, how to think and how to feel?



WHAT ARE EXAMPLES OF EUSTRESS ENERGY?

Taking responsibility for how you feel, saying positive things about yourself and others, willing to learn how to improve yourself, setting goals daily



WHAT ARE SOME IDEAS TO REDUCE DISTRESS?

Exercise for 30 minutes daily, eat foods that fuels your mind and your body



WHAT ARE SOME IDEAS TO INCREASE EUSTRESS?





YOUR EMOTIONAL ENERGY IS THE MOST IMPORTANT THING





CHECK OUT MORE KIDS POWERPOINT LESSONS WWW.YVONNEBROOKSINC.COM

