

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?



Meditate for 10 minuets daily, keep a gratitude journal



**YOUR EMOTIONAL ENERGY IS THE
MOST IMPORTANT THING**

Guard it with your life



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