

# YOUTH HEALTH BULLETIN



**MAY 2017**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: UNDERSTANDING STRESS



**H**ave you ever felt worried about a test or something happening with your family? Ever felt like your tummy has a bunch of butterflies in it or you have trouble sleeping? Wally Cat wants you to know that those are signs of stress and that there are many different ways of handling stress. Find out more about what stress is and some ways you can lessen the stress in your life.

Stress is the feeling that you have when you are worried about something. When you are feeling stressed you may not feel like eating, or you may want to eat more than you should. You may feel frustrated or afraid. You may also have trouble paying

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# When you are feeling stressed, talk to an adult you trust or a friend about how you are feeling.

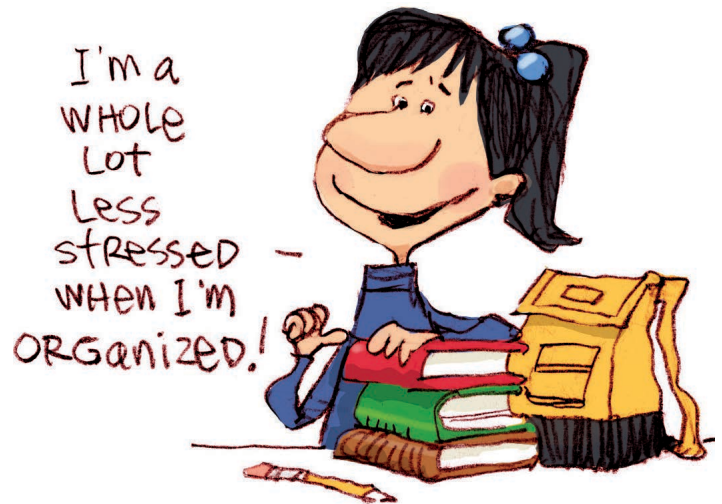
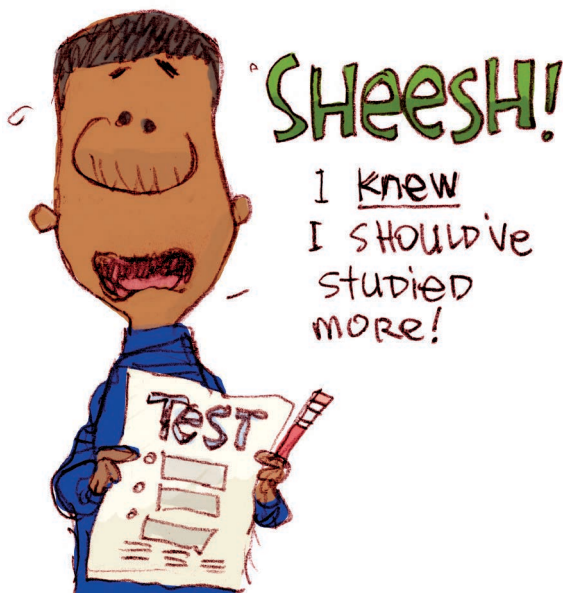
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attention to your parents or other family members, teachers or even friends. For some kids, when they are stressed they have a hard time remembering things.

There are many reasons why you may feel stressed — some are good and some are not so good. Good stress may be when you have to speak in front of the class or perform in front of a group of people. Not-so-good stress may include having to take a test that you were not prepared for, having a family member who is sick or you are upset about something that is happening at school or at home.

Once you realize that you are feeling stress, it is a good idea to figure out ways to lessen it. There are several things you can do:

- **Talk to someone.** When you are feeling stressed, one of the best things you can do is to talk about how you are feeling. One of the best people to talk to would be an adult you trust a whole lot. You also could talk to a friend.
- **Look for a solution.** Sometimes we are stressed because we are not prepared. Perhaps one of the reasons you are stressed can be handled by paying attention to what you are doing, trying to be organized, doing your homework or just preparing for the next day.



- **Be positive!** Most of the stresses you feel are brief. Of course, when you are in the middle of a situation it may not seem that way, but most issues will not last forever.

Having some stress is normal, but stress is not good for your body when you feel it day after day. Wally Cat wants you to know that if you are feeling stress you should talk to someone you trust, look for a solution and be positive.

**SOURCE:**  
Kidshealth.org  
The Story on Stress  
<http://kidshealth.org/en/kids/stress.html>

## Can you unscramble these words?

- SLESNE SESTRS: \_\_\_\_\_  
TLAK OT OEMOSNE: \_\_\_\_\_  
EB NRAIGODZE: \_\_\_\_\_  
BE POTIIESV: \_\_\_\_\_

ANSWERS: LESSEN STRESS; TALK TO SOMEONE; BE ORGANIZED; BE POSITIVE

**YOUTH  
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