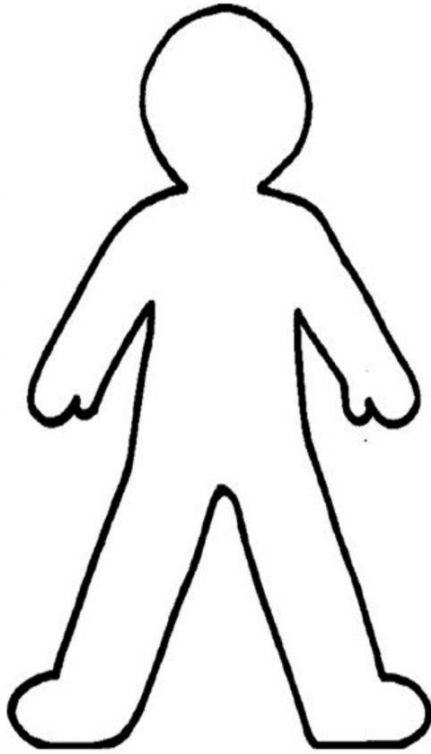


How to deal with feeling stressed

Where do you feel stress in your body? Draw it on the picture below.



What things make you feel stressed? Make a list in the space below.

Write down what your body does when you feel stressed in the space below.

Next time you feel stressed, stop for a moment and notice what is happening inside your body. Are the muscles feeling tight? Is your heart going fast? Do your hands feel wet and sweaty? Does your head hurt? Try to focus on these physical sensations instead of the thoughts in your mind. You will notice that the thoughts come and go. Don't try to control them by ignoring them or pushing them away – just accept that they exist and be aware of them - just like you are aware there are clouds in the sky – you don't need to attach feelings to the thoughts, just see or know that they are there. Give them permission to just float around and say "oh, hi thoughts" – and smile at them (this is a trick which helps to take their power away).

If you can do this, you will soon notice that you don't feel so stressed anymore.

This is a great life hack to learn. **Use it like a superpower and teach it to others, too!**