

STRESS



1. NAME A SITUATION WHERE YOU MIGHT GET STRESSED:

2. LIST 3 WAYS OUR BODIES CAN REACT WHEN THEY ARE STRESSED:



3. ADD THE MISSING WORD TO THE SENTENCE BELOW.

1. OUR EMOTIONS ARE _____
THAT WE SHOULD LISTEN TO.

2. BEING MINDFUL IS THE ABILITY TO FOCUS ON THE
_____.

4. DRAWS TWO WAYS YOU COULD BE OR ARE MINDFUL.

