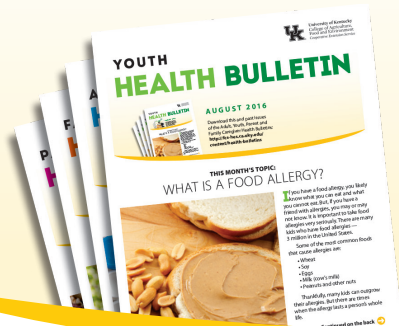




YOUTH HEALTH BULLETIN



APRIL 2020

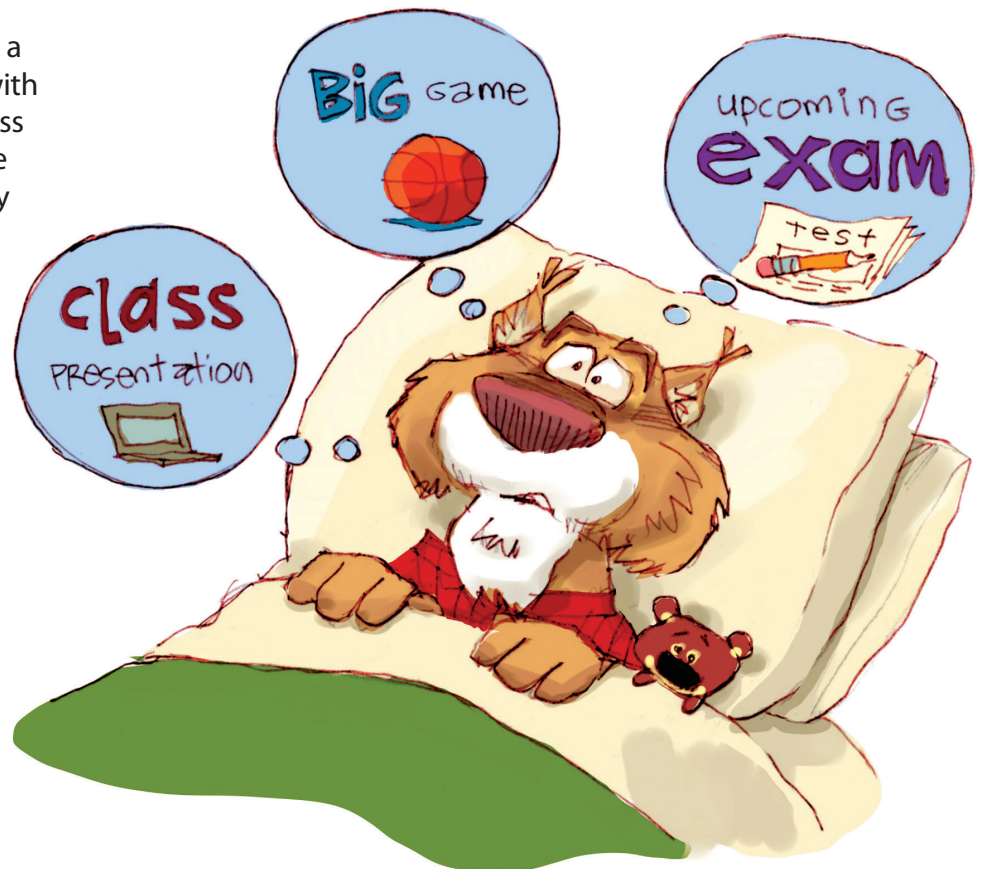
Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: WHAT IS STRESS?

Do you ever feel worried about a test or something going on with your family? It could be stress. Stress is the feeling you get when you are worried about something. You may even feel frustrated or afraid.

There are many reasons you could feel stressed. Sometimes a stressful situation just lasts a moment. Like speaking in front of your class for a presentation or taking the foul shot that could win the game. This is good stress. However, sometimes we can have stress that lasts a few days, weeks, or months. This is unhealthy.

Continued on the back →



Try to eat nutritious foods and limit junk food, move your body, and focus on sleeping 8 to 10 hours every night.

➔ Continued from page 1

Everybody feels stress from time to time. But how we deal with stressful situations makes all the difference. People feel and express stress differently, but try taking these steps next time you feel stress:

Talk to someone

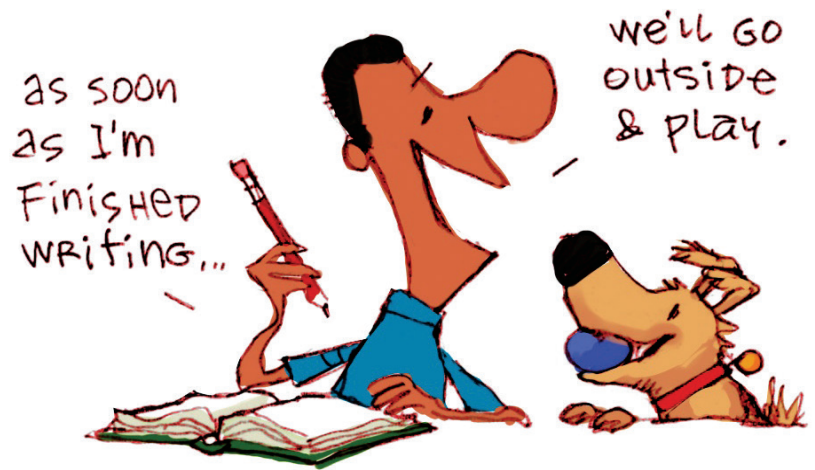
When you start feeling stress, talk about it! Find someone to talk to like a parent, coach, or friend.

Decide what you can do

Think of actions you can take to improve any part of your stressful situation.

Try to relax

Find a way to calm down or express your feelings. Do breathing exercises, listen to music, write in a journal, play with a pet, go for a walk or a bike ride, or do something you love that can put you in a better mood.



Take care of yourself

When you are feeling stressed, it is important to take care of you! Try to eat nutritious foods and limit junk food, move your body, and focus on sleeping 8 to 10 hours every night.

Having stress is normal! However, certain stressful situations can wear us down over time. Just remember to ask for help and take care of yourself. All of these things will help you cope and lessen your amount of stress.

REFERENCES:

- <https://kidshealth.org/en/teens/stress-situations.html>
- <https://kidshealth.org/en/parents/stress.html>



Can you unscramble these words?

- TYR OT AERLX: _____
- TAKL OT MSEOEN: _____
- ETA UNITTISRUO ODSFO: _____
- EGT ENUGHO ELEPS: _____
- KTAE ACRE FO YSUOELRF: _____

ANSWERS: TRY TO RELAX; TALK TO SOMEONE; EAT NUTRITIOUS FOODS; GET ENOUGH SLEEP; TAKE CARE OF YOURSELF

YOUTH HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

