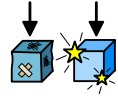


What is Stress?



Pressure is when a difficult situation makes us feel



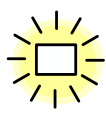
unhappy or stressed.



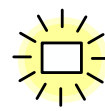
Some pressure is good for us.



We need to feel pressure to challenge ourselves and



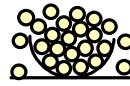
achieve new things.



It feels good when we achieve something new.



But too much pressure can cause us to feel stressed.



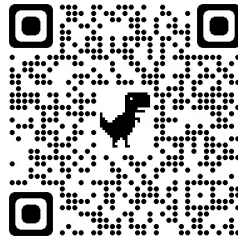
- Stress is a normal reaction, but too much stress can



make us ill.



Scan to watch a video



Deep Breathing