

SQUEEZE AWAY STRESS!



Did you know that a little stress can be good for you? Those butterflies in your stomach can push you to prepare for a big math test or practice for the school play. But when stress gets out of hand, it's important to find some support. Fortunately, there are healthy tools that can help—like stress balls!

Stress balls may have been inspired by **baoding balls**,

iron balls used in ancient China for meditation and stress relief. Today's stress balls are satisfyingly squishy and come in lots of shapes, sizes, and colors. Squeezing one when you're upset can boost focus and ease tension.*

Getting a grip on stress can put some bounce in your mood, health, and creativity. Check out these tips to help squeeze your stress away!

Use the letter pairs on the balls to complete tips about coping with stress. A pair can't be used more than once.



- 1 Take several slow, DE _____, calming breaths.
- 2 Be _____ to yourself with positive self-talk.
- 3 Use your favorite tools to _____ fun artwork.
- 4 During challenges, _____ for guidance and strength.
- 5 Play, _____, or dance to your favorite music.
- 6 Take a walk in _____ to clear your mind.
- 7 Enjoy pleasant _____, such as flowers.
- 8 Play a _____ with friends or family.
- 9 Ask for _____ from family and friends when needed.
- 10 Try to eat a healthy and balanced _____.

*To make your own stress ball, go to: brilliantstarmagazine.org/uploads/play/stress.pdf
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