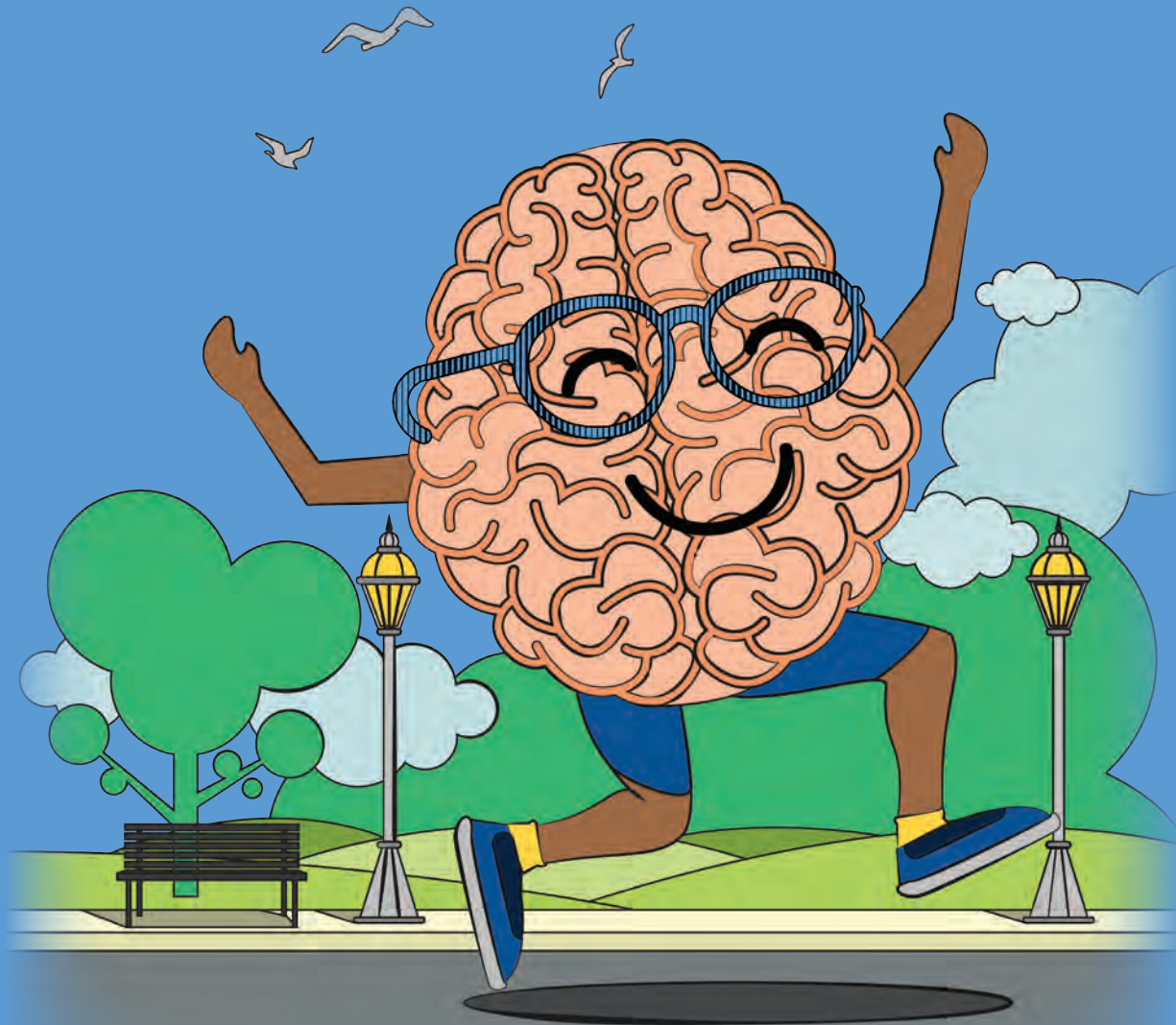


# STAND UP TO STRESS!



## A COLORING & ACTIVITY BOOK FOR KIDS AGES 8-12

*From the* **NATIONAL INSTITUTE of MENTAL HEALTH**

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# **STAND UP TO STRESS!**

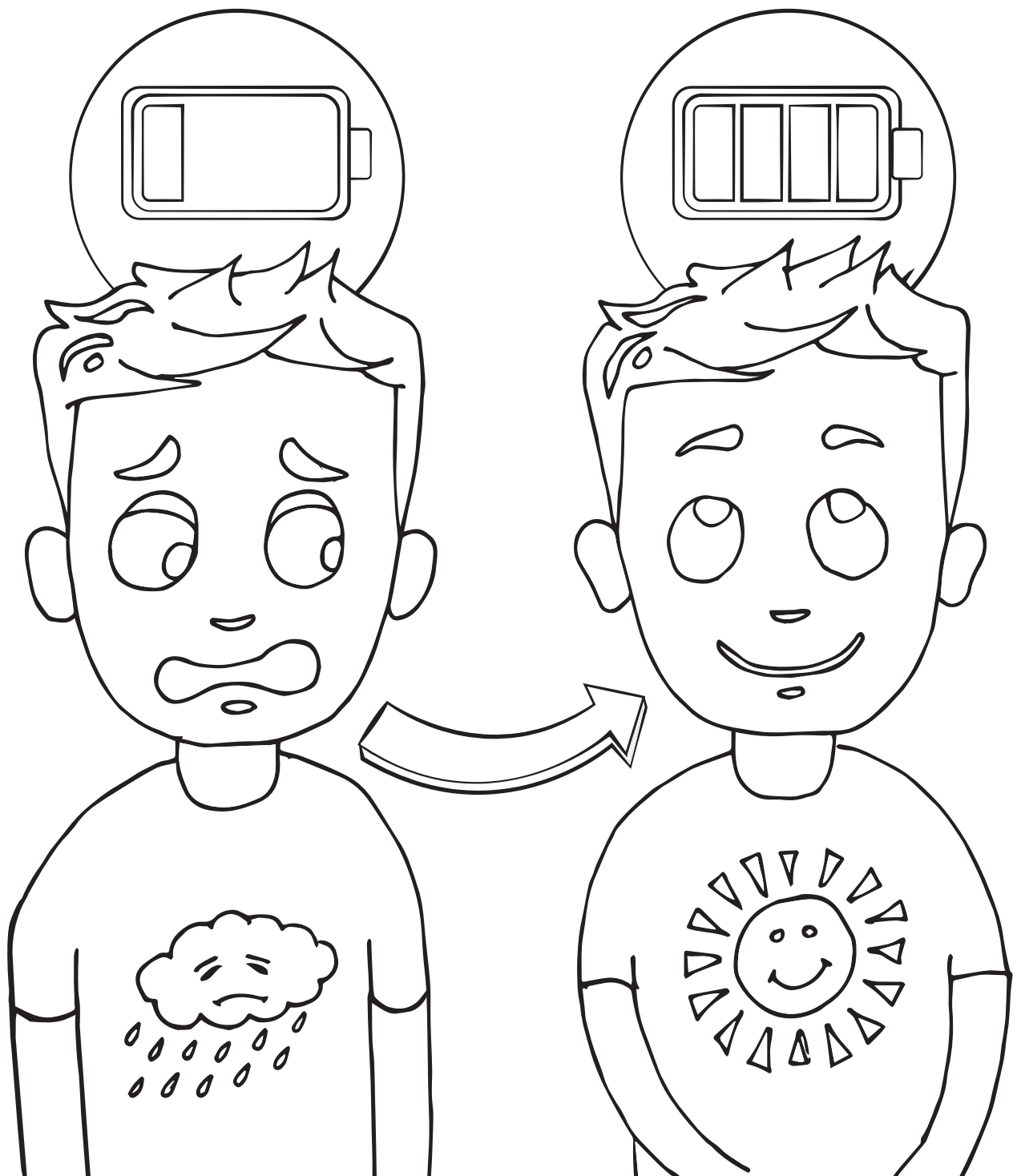


## **A COLORING & ACTIVITY BOOK FOR KIDS AGES 8-12**

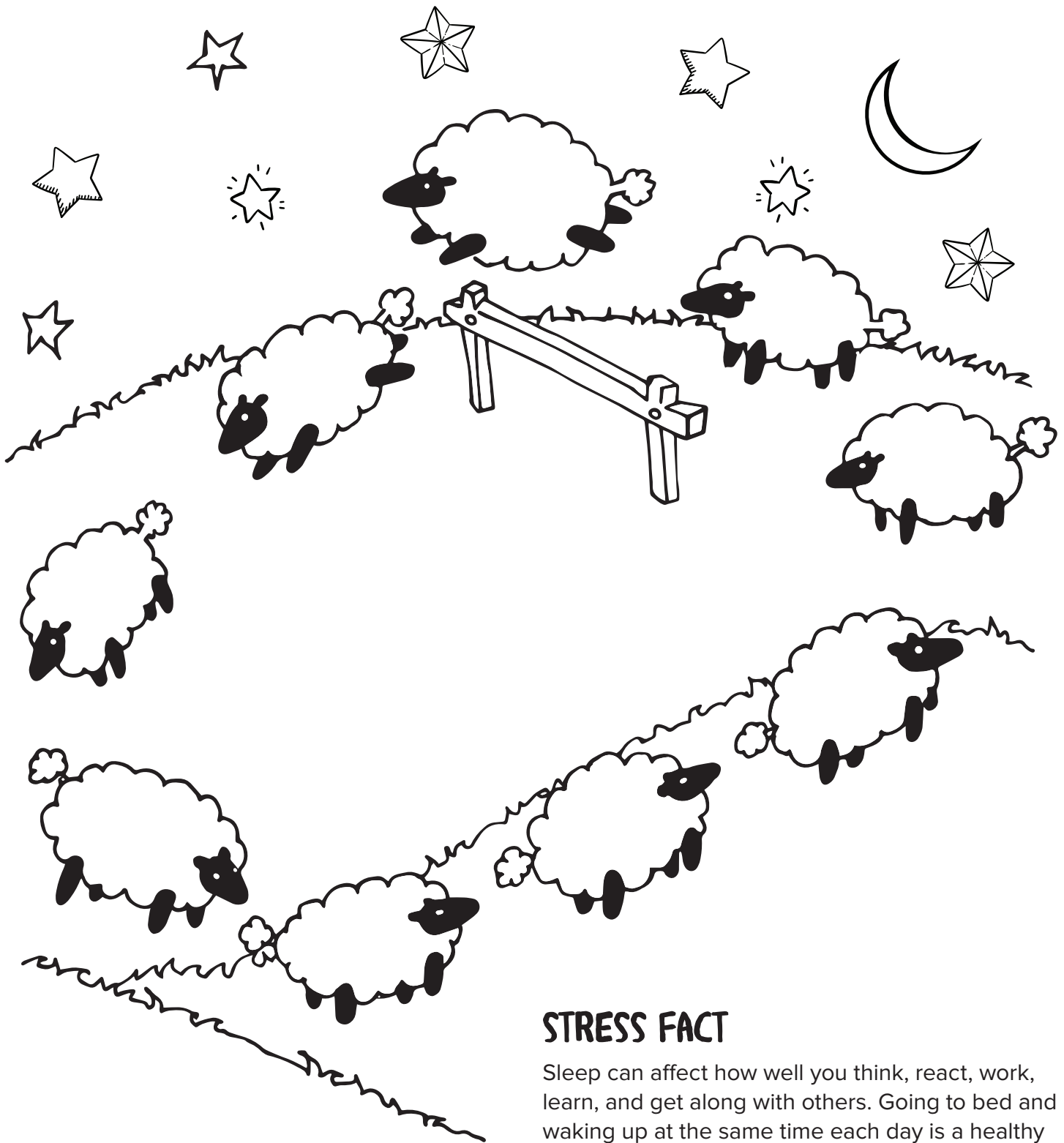
The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's largest medical research agency. NIH is part of the U.S. Department of Health and Human Services.

# GENERAL STRESS AND ANXIETY

Stress is how the brain and body respond to any type of challenge, such as a test in school or a difficult talk with a friend. Everyone experiences stress from time to time, but stress over a long time can affect your health. Learn about the causes of stress and ways to cope!



# SLEEP



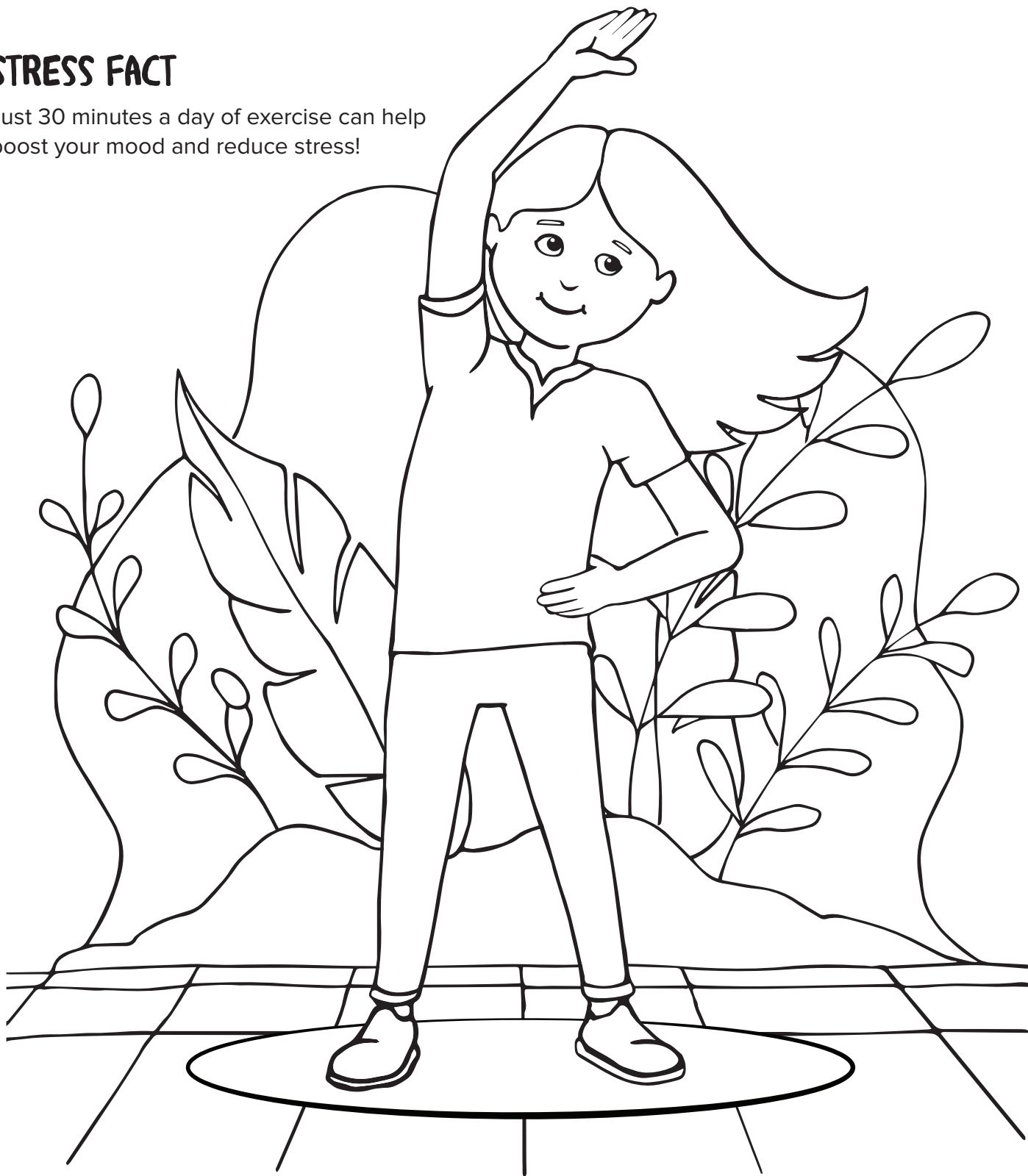
## STRESS FACT

Sleep can affect how well you think, react, work, learn, and get along with others. Going to bed and waking up at the same time each day is a healthy habit and may help reduce your stress.

# EXERCISE

## STRESS FACT

Just 30 minutes a day of exercise can help boost your mood and reduce stress!



# FRIENDS



## STRESS FACT

Connecting with friends and family—in person or over the phone or internet—can help you emotionally and physically. Reach out and stay connected with friends to improve your well-being.



# EATING RIGHT

## STRESS FACT

Eating healthy foods nourishes your body and brain! Healthy food helps reduce stress by lowering your blood pressure and keeping your heart healthy.



# POSITIVE OUTLOOK

## STRESS FACT

Paying attention to positive emotions and appreciating the good times can help you develop a positive mindset, which helps reduce stress.





# RELAX

## STRESS FACT

Meditation can help you slow down and worry less. Take a deep breath, count to 5, and exhale slowly.



# CAN YOU FIND THESE SYMPTOMS OF STRESS?

Search up, down, forward, and diagonally to find the hidden words.

N	Y	L	S	S	J	O	N	T	S	B	X	J	C	T	O	H	N	P	L
Y	Y	M	O	T	H	P	E	L	Z	U	U	K	A	F	F	O	H	X	A
O	H	H	D	Q	O	A	B	B	R	S	W	E	A	T	I	N	G	T	K
L	T	Z	J	A	Y	M	K	T	B	Y	G	Z	M	S	Q	J	C	V	W
F	K	S	A	L	P	Q	A	I	Z	T	N	R	N	S	B	N	C	M	S
H	E	A	D	A	C	H	E	C	N	F	U	E	L	C	Q	E	X	C	M
Q	M	X	V	P	F	F	K	M	H	G	T	X	K	I	G	R	V	S	J
N	V	E	F	T	J	A	D	P	B	A	P	V	M	N	D	V	R	G	T
J	K	E	W	Q	E	L	P	F	G	D	C	D	I	A	I	O	X	B	S
I	R	R	I	T	A	B	I	L	I	T	Y	H	N	W	Z	U	U	I	L
T	I	R	E	D	U	X	O	G	J	N	A	X	E	O	Z	S	Z	Y	S
V	Z	V	Q	R	T	V	V	T	X	E	N	R	Q	R	I	H	O	I	Q
O	G	V	N	W	P	I	R	S	W	I	S	G	F	R	N	H	K	R	R
D	N	L	A	F	E	F	Z	S	R	X	Y	G	W	Y	E	S	M	V	Z
A	C	H	V	Z	G	M	K	S	U	E	A	G	K	U	S	S	P	F	B
B	N	O	W	W	V	X	C	P	M	S	U	Q	K	A	S	N	U	D	T
T	K	G	Z	I	W	X	F	T	R	K	G	B	M	X	I	B	G	R	O
T	G	N	E	L	D	I	W	D	D	F	P	Z	P	A	B	Q	J	F	H
A	F	W	V	R	G	A	B	O	C	R	X	Z	P	H	Y	V	G	U	B
B	G	C	L	A	D	A	W	G	D	L	V	F	G	L	X	R	R	W	Y

**ANGER**  
**IRRITABILITY**  
**SHAKING**  
**TENSION**

**DIZZINESS**  
**NERVOUS**  
**STOMACHACHE**  
**TIRED**

**HEADACHE**  
**PAIN**  
**SWEATING**  
**WORRY**

*Answers can be found on page 12.*

# PICTURE RIDDLES ABOUT STRESS

Challenge yourself to identify the common phrases in these pictures.



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\_\_\_\_\_

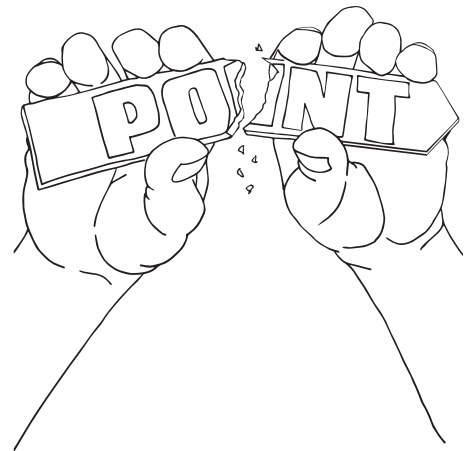
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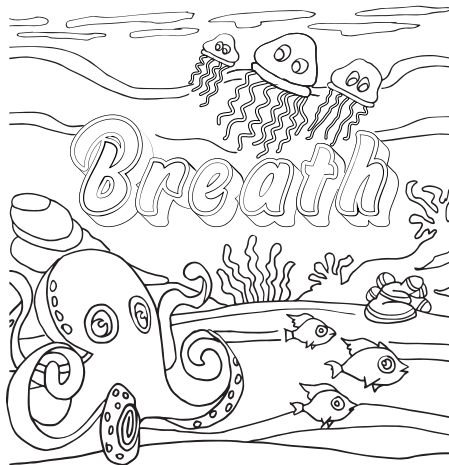
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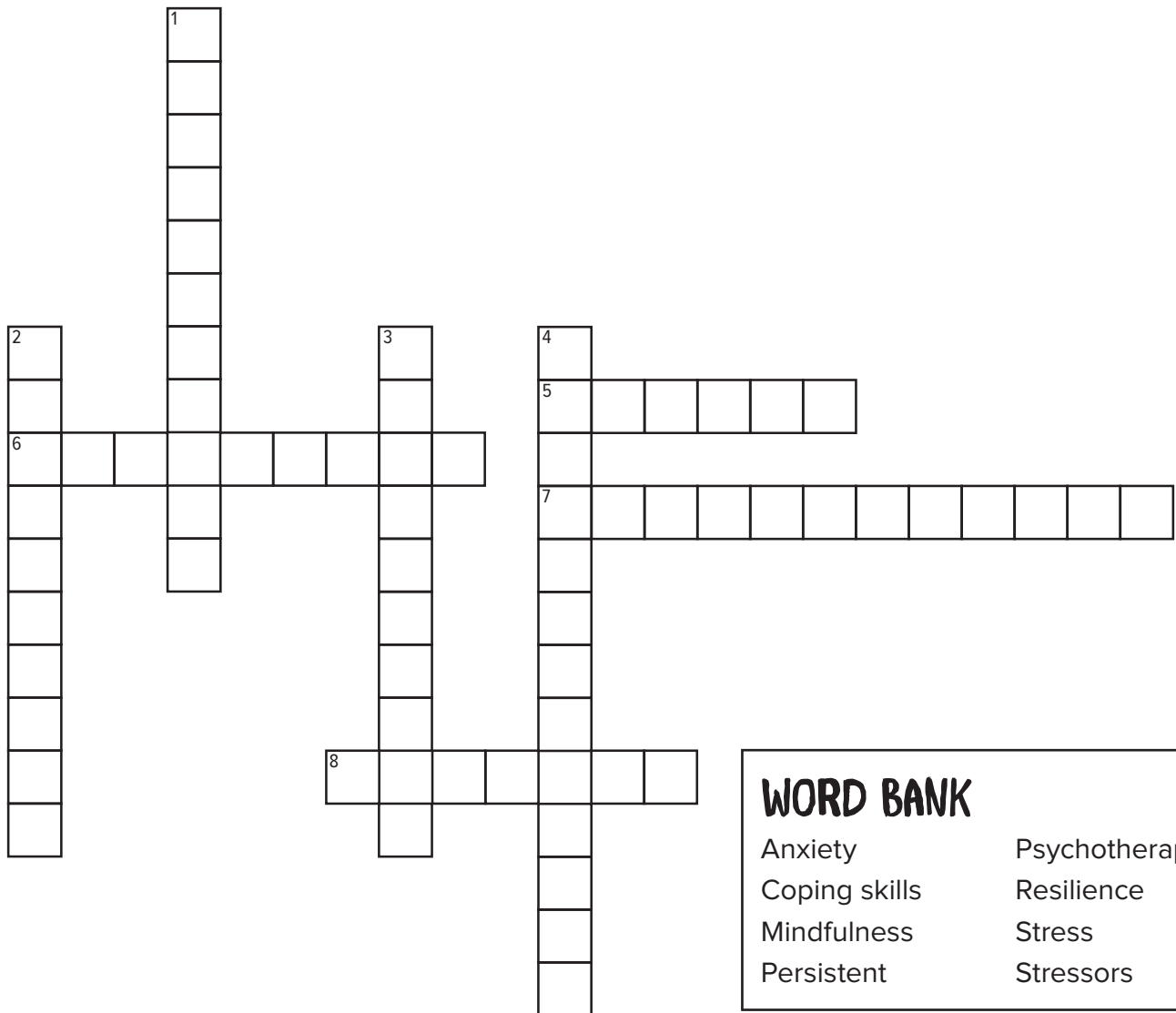
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*Answers can be found on page 13.*

# TEST YOUR KNOWLEDGE ABOUT STRESS

Use the word bank to solve the crossword clues below.



## WORD BANK

Anxiety	Psychotherapy
Coping skills	Resilience
Mindfulness	Stress
Persistent	Stressors

## DOWN

1. The psychological process of actively paying attention to the present moment.
2. Having this helps you bounce back from negative emotions or difficulties faster.
3. Anxiety is usually this, a feeling that doesn't go away.
4. This treatment, also known as talk therapy, can help manage anxiety.

## ACROSS

5. How your mind and body respond to a demand, such as taking a big test or arguing with a friend.
6. Challenging things like being sick or having lots of homework.
7. Developing these can help you manage stress before it gets out of hand. (two words)
8. Your body's reaction to stress, which can happen even when there is no reason to worry.

*Answers can be found on page 14.*

# CHECK YOUR EMOTION TEMPERATURE

Sometimes your emotions feel like they might boil over! Starting at the bottom on the left side, name some emotions you might feel from most calm (1) to most upset (5).

You can use the words in the word bank, or come up with your own words.

On the right side, fill in actions that might help you cope when you have those emotions.

## EMOTION THERMOMETER

EMOTIONS		ACTIONS
	5	
	4	
	3	
	2	
	1	
	0	

### EMOTIONS WORD BANK

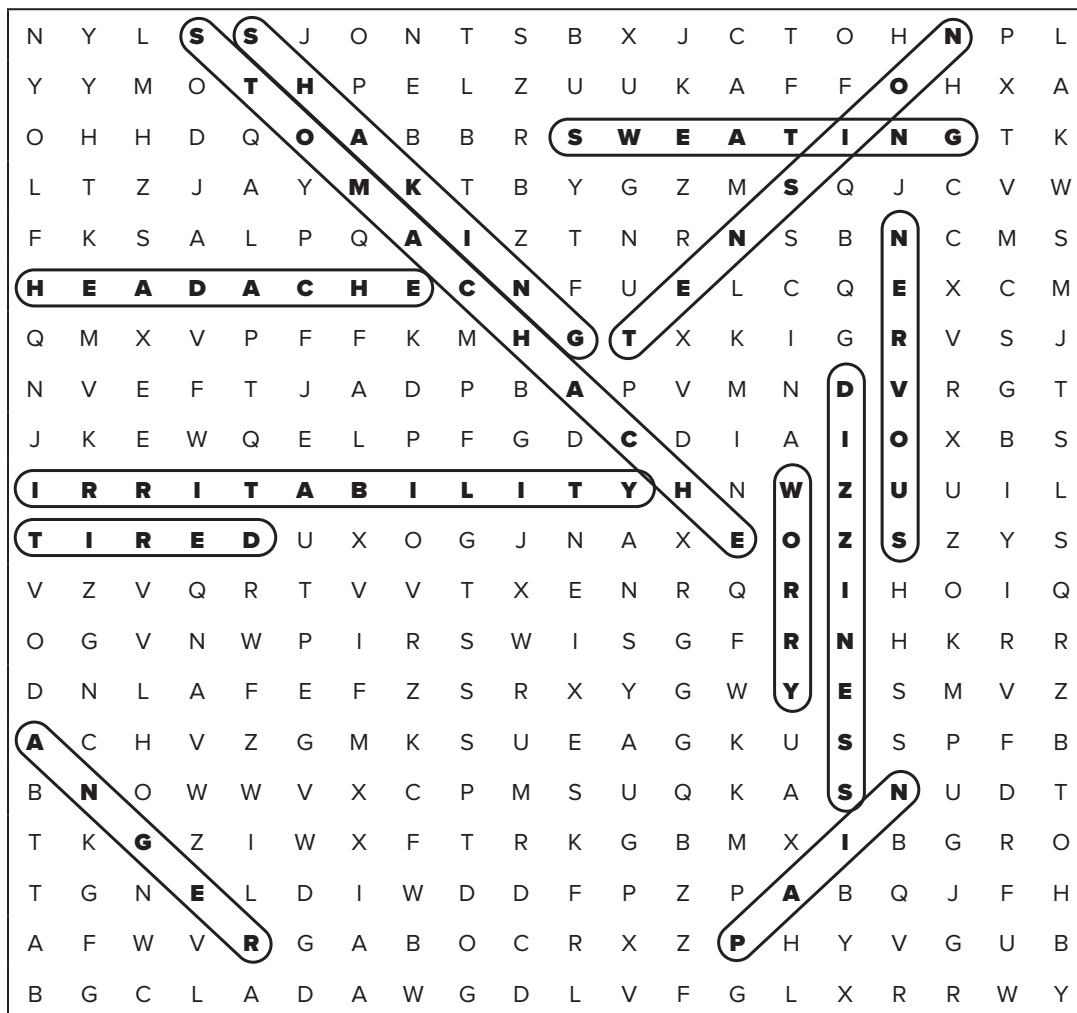
Angry  
Annoyed  
Bothered  
Calm  
Disappointed  
Frustrated  
Furious  
Grumpy  
Upset

### ACTIONS WORD BANK

Count to 10.  
Imagine a beautiful place.  
Laugh. Find something funny.  
Listen to or play music.  
Sit somewhere quiet.  
Talk with a trusted adult or friend.  
Take a deep breath.  
Take a walk.  
Write in a journal.

# ANSWERS TO ACTIVITY PUZZLES

## ANSWERS TO "CAN YOU FIND THESE SYMPTOMS OF STRESS?"





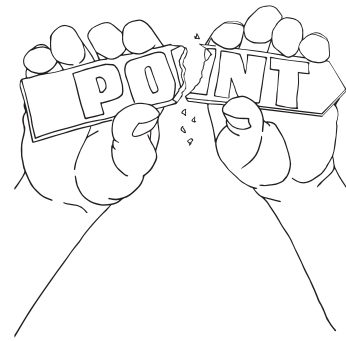
# ANSWERS TO "PICTURE RIDDLES ABOUT STRESS"



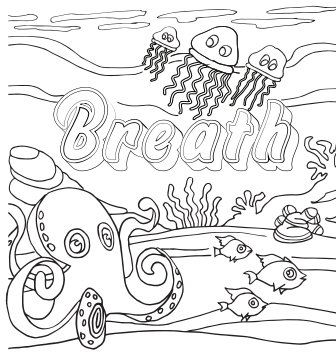
Don't worry,  
be happy



Under  
pressure



Breaking  
point



Deep  
breath



Cool as a  
cucumber

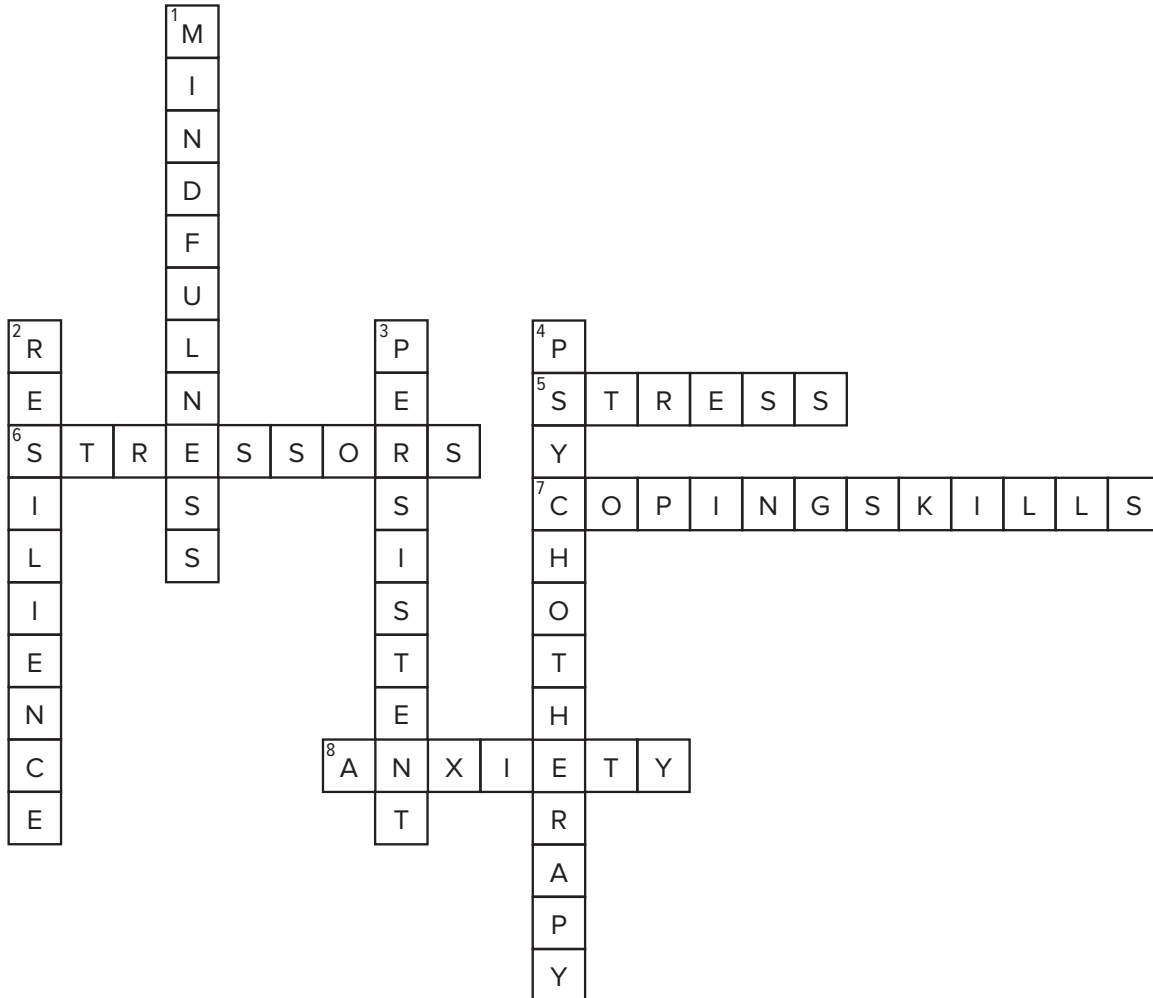
# ANSWERS TO "TEST YOUR KNOWLEDGE ABOUT STRESS"

## DOWN

1. Mindfulness
2. Resilience
3. Persistent
4. Psychotherapy

## ACROSS

5. Stress
6. Stressors
7. Coping skills
8. Anxiety



This work is funded in part by the Arizona Department of Health Services (Contract No: CTR056154), with funding from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC) through the COVID-19 Health Disparities Grant. The views expressed are the sole responsibility of AHEAD and do not necessarily reflect the views of the Arizona Department of Health Services or the United States Government.



National Institute  
of Mental Health

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AND HUMAN SERVICES  
National Institutes of Health  
NIH Publication No. 21-MH-8156

For more information about mental health,  
visit the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov).  
For information on a wide variety of health  
topics, visit the National Library of Medicine's  
MedlinePlus service at <https://medlineplus.gov>.