

HEALTH Need to Know

Stress and Emotional Health

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SilverTip

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Under Pressure

There is so much to do. After school, you have sports practice and homework. Plus, your parents want you to clean your room. And your phone is blowing up with messages from friends. All these pressures impact your emotional health. They can cause stress.

A person's health has many parts. The mind and body work together to stay well. Emotional health is important. So is eating well, getting enough sleep, and exercising regularly.





Our Feelings, Ourselves

People often have many different emotions every day. Emotional health is how we handle these feelings. It involves **identifying** the emotions. It also includes how a person chooses to **respond** to them. An emotionally healthy person takes responsibility for how they **react** to their emotions.

Emotional health is part of taking care of yourself. It's also important within strong relationships. Supporting friends and family is part of emotional health.





Everyone feels uncomfortable emotions. If this happens a lot, it can lead to stress.

Stress is a feeling of emotional pressure. It can be caused by many things. Starting a new school can be stressful. So can getting into an argument. When a loved one is sick, that can cause stress, too.

Stress often brings up many different emotions. A stressed person may feel angry, sad, or overwhelmed.



Mind and Body

The body responds in many ways to strong emotions and feelings of stress. Here are a few things that can happen.

