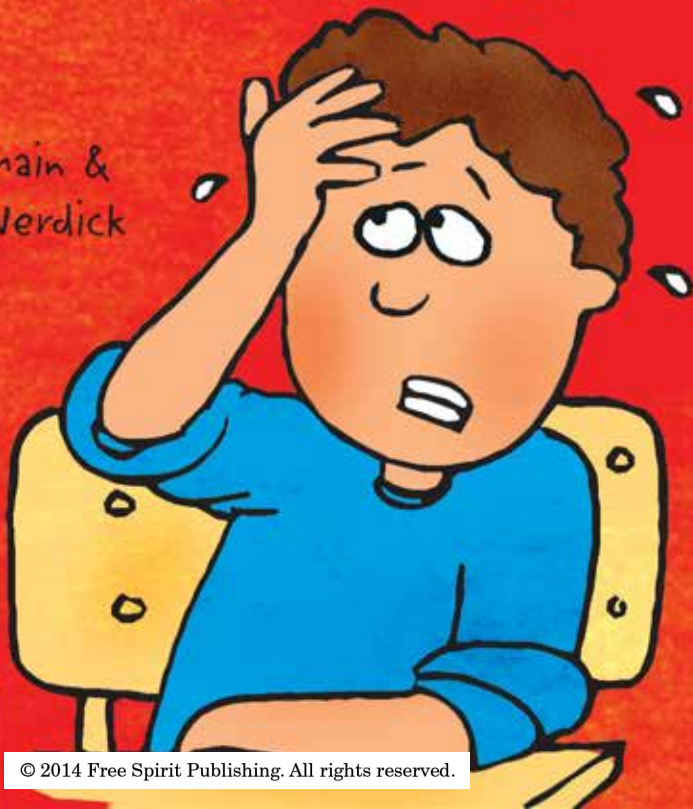


Stress Can Really Get on Your NERVES!

by

Trevor Romain &
Elizabeth Verdick



Parent Council Selection

“Witty, wise advice for kids about stress.”

—ForeWord

STRESS Can Really Get on Your NERVES!

by Trevor Romain
& Elizabeth Verdick



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Library of Congress Cataloging-in-Publication Data

Romain, Trevor.

Stress can really get on your nerves / by Trevor Romain & Elizabeth Verdick.

p. cm.

Summary: Uses silly jokes and light-hearted cartoons along with serious advice to help readers recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress.

ISBN 1-57542-078-3 (pbk.)

1. Stress in children—Juvenile literature. 2. Stress management for children—Juvenile literature. 3. Stress in adolescence—Juvenile literature. 4. Stress management for teenagers—Juvenile literature. [1. Stress (Psychology)] I. Verdick, Elizabeth. II. Title.

BF723.S75 R66 2000

155.9'042—dc21

00-022614

eBook ISBN: 978-1-57542-818-5

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Reading Level Grades 3–4; Interest Level Ages 8–13;
Fountas & Pinnell Guided Reading Level O

15 14 13

Printed in the United States of America
S18861210

Free Spirit Publishing Inc.

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Minneapolis, MN 55401-1299
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www.freespirit.com



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including 50%
post-consumer waste

Free Spirit Publishing is a member of the Green Press Initiative, and we're committed to printing our books on recycled paper containing a minimum of 30% post-consumer waste (PCW). For every ton of books printed on 30% PCW recycled paper, we save 5.1 trees, 2,100 gallons of water, 114 gallons of oil, 18 pounds of air pollution, 1,230 kilowatt hours of energy, and .9 cubic yards of landfill space. At Free Spirit it's our goal to nurture not only young people, but nature too!



Dedication

This book is dedicated to our families who,
with their loving support, helped us not to
stress out while putting it together.

Contents

Acknowledgments

We'd like to extend a special thank you to teacher Alice Hansbarger, M.Ed., for sharing information about stressed-out students and how to help.

Introduction (Test Your Stress)	1
Your Score	6
What in the World Is Stress?	7
Different Types of Stress	10
A Few Facts About Stress	14
Stress in Action	19
Sources of Stress	28
Strange-But-True Tales	33
Escape Plans Guaranteed to Backfire!	40
A Few More Not-So-Great Escapes	43
The World's Worst Stress Relievers	44
How to Be a Panic Mechanic	53
Quick Fixes for Stressful Days	64
Relax in 10 Easy Steps	76
Daily Ways to Keep Stress at Bay	86
A Note for Parents and Teachers	92
About the Authors	96

Introduction (Test Your Stress)

Before you read the rest of the book, take this test. It's fun! And you automatically get an A just for answering the questions.

1. At night, do you have dreams about getting chased, taking a test where you don't know any answers, or standing in front of a bunch of people without your clothes on? **Yes** or **No**



2. Does the thought of going to school ever worry you so much you could almost puke? **Yes** or **No**



3. Does your head sometimes feel like it's being squeezed by a boa constrictor?

Yes or No

4. Some days, do you walk around so tired that you feel like you're on automatic pilot? **Yes or No**

5. Does your list of things to do seem a mile long?

Yes or No



6. Do you ever wish for a magic wand to make your stress disappear?

Yes or No

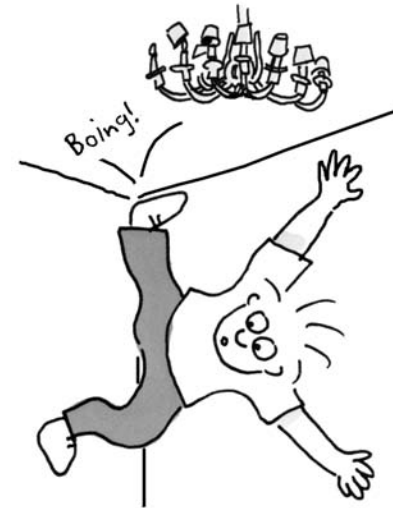


7. Are you often so tense that your shoulders are up to your ears? **Yes or No**

8. Would a good nickname for you be "Grouchy"?

Yes or No

9. Are you sometimes as jumpy as a rubber ball bouncing off the ceiling? **Yes or No**



10. Do you wish for aliens to capture you, so you could escape from your problems?

Yes or No



4

11. Does the world ever seem to be spinning so fast that you want to get off for a moment and take a break? **Yes or No**



5

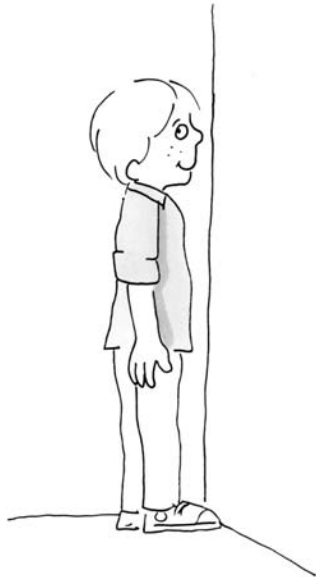
Your Score

If you answered **yes** to all or most of these questions, you are *stressed out* and this book can help.

If you answered **yes** to some of the questions, you can use this book to deal with stressful days.

If you answered **no** to all of the questions, you weren't telling the truth. Go stand in the corner.

(Just kidding!)



What in the World Is Stress?

Something you can't see or touch but definitely can feel.

The name for tension in your mind and body. A . . .

Reaction to things that are new, scary, or different. It's . . .

Especially common in kids who are shy or want to be "the best." A . . .

Source of headaches and stomachaches, it's also . . .

Something lots of kids don't even know they have!

Here are other ways to describe how you feel when you're stressed:

all ALONE
anxious

burned out



crabby

confused

cranky

edgy

excited

fidgety

freaked OUT

frustrated

goose-bumpy

jittery

JUMPY

mixed up



nervous

moody

panicky



overwhelmed

pressured

ready to BURST

queasy

restless

scared

shaky

tense

tired out

trapped

troubled

upset

uptight

WIRED



worried

wound up