

# Calm and Stressed Mind

As you get older, you will have to face some difficult challenges. These challenges can sometimes make you feel a bit stressed. When you feel stressed, you may feel confused, tired, worried and overwhelmed.

When you feel calm, you are likely to feel relaxed, energetic and content. This is the opposite of feeling stressed.

This activity is designed to help you think about your mind and the effects feelings and situations have upon it. It might also help you to think about what happens when you are calm compared to when you are stressed or worried.

Can you think back to a time when you felt calm or stressed and remember what your mind felt like?

Try and really focus on these thoughts and feelings and then complete the attached task.

Please remember that there is no right or wrong way of completing this activity - it is likely to be different for every person.

Below is an example to help you get started:



Here are images that represent what a calm and stressed mind might look like.

### Calm Mind

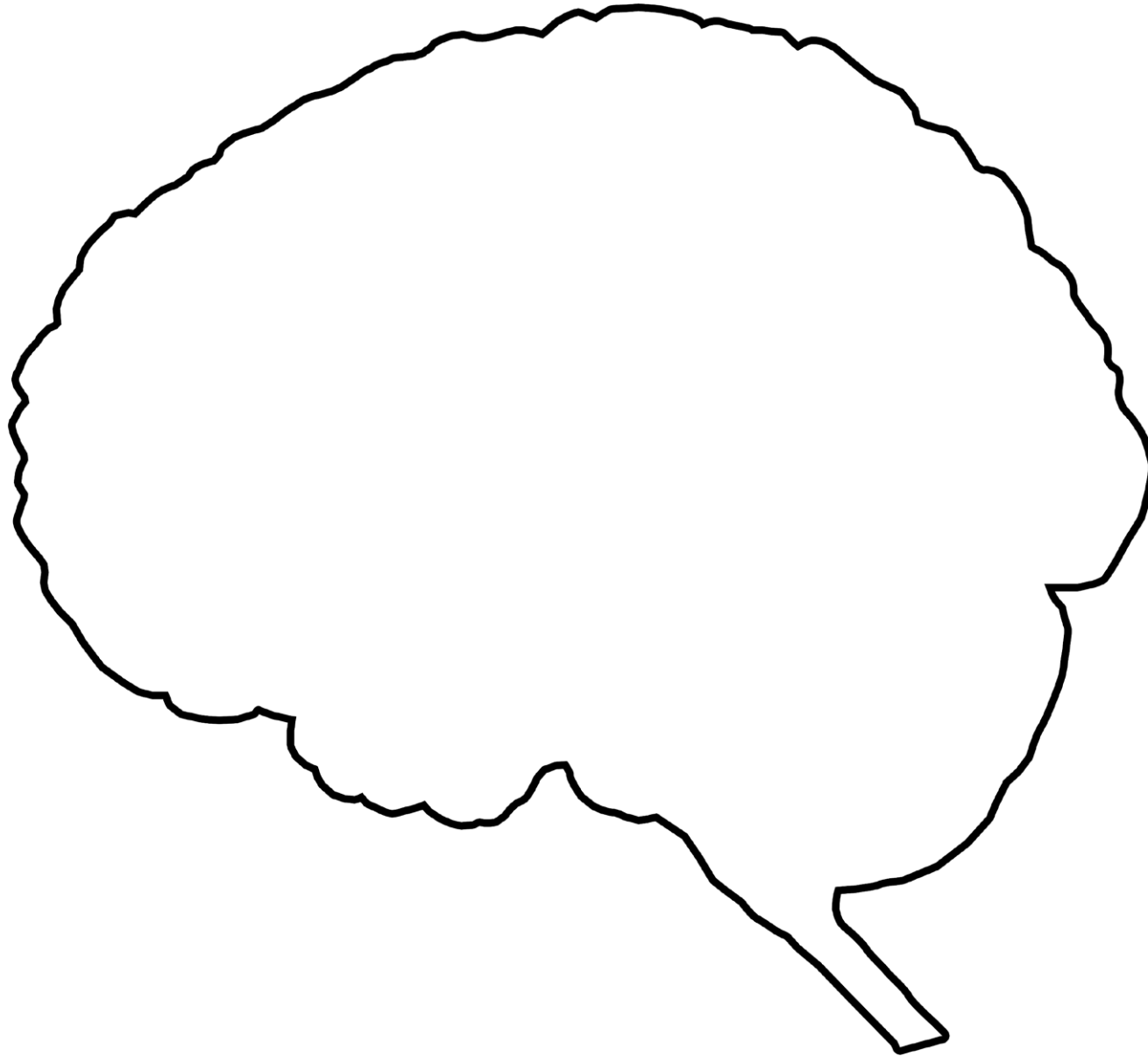


### Stressed Mind



Now, think back to a time when you felt calm and a time when you felt stressed. Remember what your mind felt like and write words and draw pictures to show this.

## Calm Mind



## Stressed Mind

