

Name _____

Stress Less, Be Your Best!

Short Answer Key

1. Exercise can help reduce stress by releasing endorphins, which are chemicals in the brain that improve mood. It also provides a healthy outlet for stress and helps the body relax.
2. You can talk to a trusted friend, family member, teacher, or counselor when you're feeling stressed out.
3. Mindfulness is paying attention to the present moment without judgment. It can help you by reducing stress, increasing self-awareness, and promoting a sense of calm and relaxation.
4. Prioritizing well-being and taking breaks is important because it helps prevent burnout and allows you to recharge. It helps you stay focused, maintain good mental and physical health, and handle stress more effectively.

