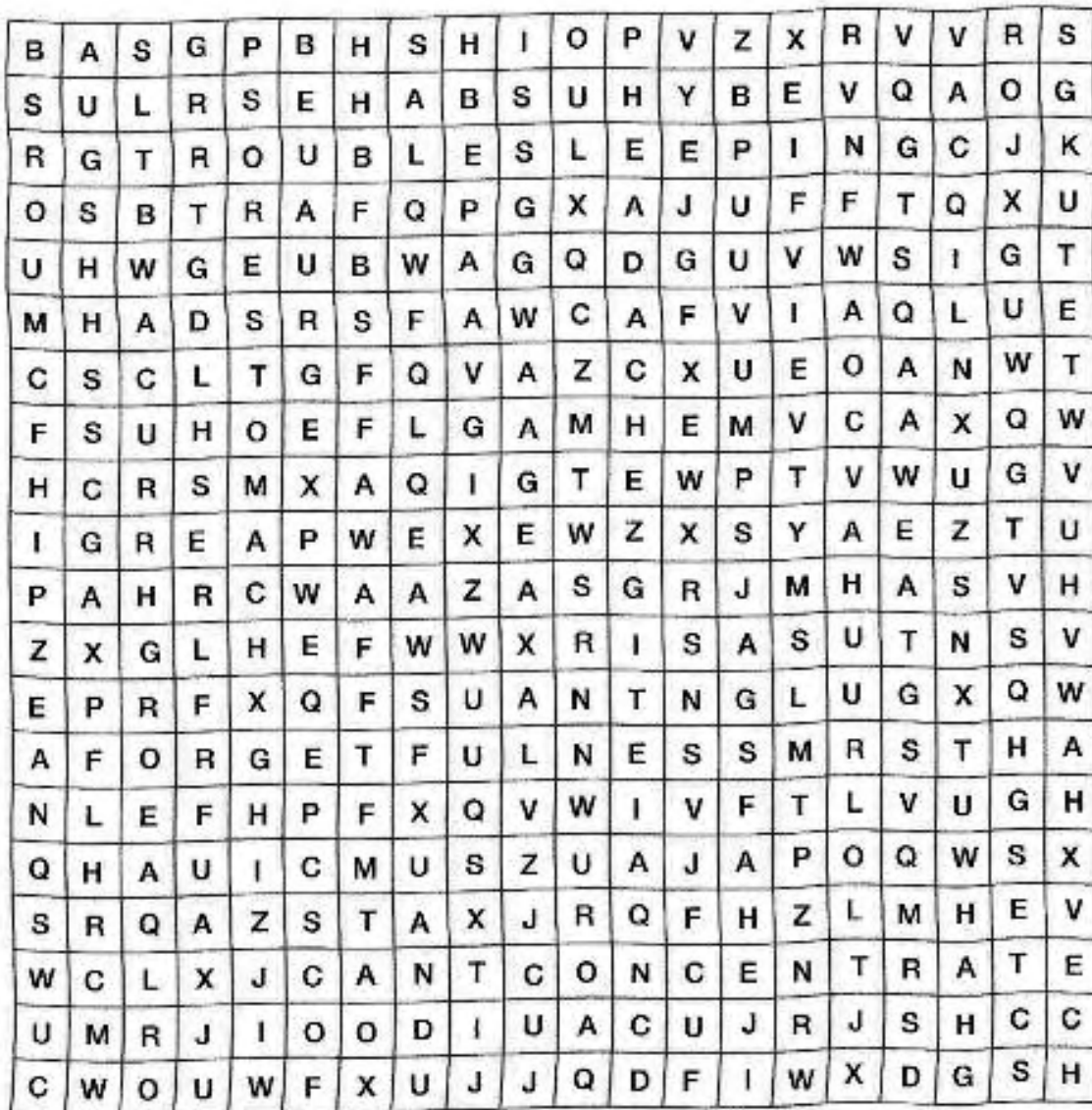


## WHAT IS STRESS?

### How does STRESS affect your body?

Find the common signs of extreme stress in the word search below.

- Sore stomach
- Headache
- Forgetfulness
- Butterflies in stomach
- Can't concentrate
- Trouble sleeping



This is a sample of a resource from the **FREE Stress Lessons Toolkit** (grade 4-6) created by the Psychology Foundation of Canada in partnership with Pfizer Canada. The complete 7 lesson toolkit can be downloaded online from: [www.morethanmedication.ca](http://www.morethanmedication.ca) or [www.psychologyfoundation.org](http://www.psychologyfoundation.org)

You are encouraged to review the complete kit, along with the accompanying DVD materials to provide a comprehensive overview for students.