

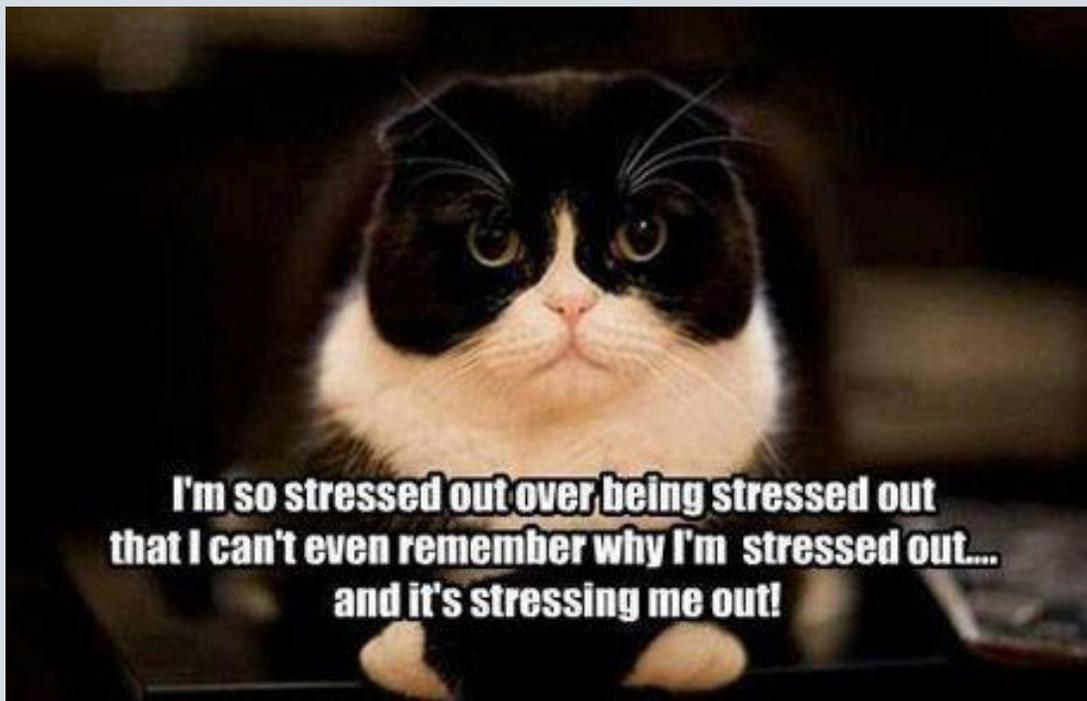
Goals, Growth & Grit: Skills for Success 120

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Hello Ali, Ariel, Brooke, Chase, Ethan D, Ethan L, Hanna, Jayden, Monica, Pierce, Sofia and Tanya! I hope you are all settling into a nice home learning routine, following guidelines to stay safe, and keeping your minds and bodies active. If you are experiencing difficulties at this time, please email me at the address above and I can set you up with help.

In our previous exploration of **Resilience** and **Mindfulness**, one common theme has appeared, **STRESS**! A lot of people are experiencing more stress than usual right now. People have concerns about COVID-19, changes in routine, questions about school, financial challenges, and spending too much (or not enough) time with loved ones. What can we do to manage this stress and maintain a positive attitude at times like this? First, we need to understand what stress is, as it is often misunderstood. Have a look at the Powerpoint called Stress and see if you can see stress in a different way, manage the stress you have, and find a way to lessen your body's response to it. Enjoy!



Have a great (stress-free) week everyone 😊