

Name: \_\_\_\_\_

The stresses and worries of life can be like your book bag.

If you think about them for a little while, it is no problem. If you think about them for a little longer, the stress starts to feel heavier. If you think about them all day long, the weight may get too hard to carry at all.

**Try to remember that you can always put down the bag.**

*What might you do when you need a break from the things that stress you out?*

