



Knockout Stress



- Stress is your response to stressful events i.e. divorce, death, sports, school
- Stress is perfectly natural and everyone faces some stress.
- Stress can be good or bad depending on your opinion of it and how it affects you
- Good stress can pump you up, give you energy, and make you work harder
- Bad stress can break you down and be very harmful to your health
- Remember that stress is what you make it out to be

If stress registers mainly in your body try...

- **Aerobics**
- **Swimming**
- **Biking**
- **Walking**
- **Running**

If stress registers mainly in your mind try...

- **Meditation**
- **Reading**
- **TV, Movies**
- **Vigorous Exercise**

If stress affects both mind and body try...

- **Competitive Sports**
- **Any combo of mind and body lists**