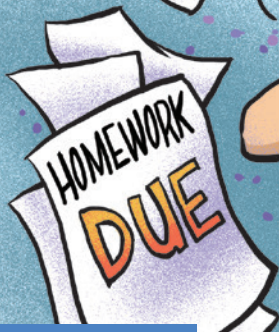


Stress

N Can Really Get on Your Nerves



Stress Can Really Get on Your Nerves

Trevor Romain & Elizabeth Verdick

Illustrated by Steve Mark

free spirit
PUBLISHING®



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Library of Congress Cataloging-in-Publication Data

Names: Romain, Trevor; author. | Verdick, Elizabeth, author. | Mark, Steve, illustrator.

Title: Stress can really get on your nerves! / by Trevor Romain & Elizabeth Verdick ; illustrated by Steve Mark.

Description: Revised & updated edition. | Minneapolis, MN : Free Spirit Publishing, [2018] | Series: Laugh & learn | Includes index. | Identifiers: LCCN 2017041581 (print) | LCCN 2017048710 (ebook) | ISBN 9781631982460 (Web PDF) | ISBN 9781631982477 (ePub) | ISBN 9781631982453 (pbk.) | ISBN 1631982451 (pbk.)

Subjects: LCSH: Stress in children—Juvenile literature. | Stress management for children—Juvenile literature. | Stress in adolescence—Juvenile literature. | Stress management for teenagers—Juvenile literature.

Classification: LCC BF723.S75 (ebook) | LCC BF723.S75 R66 2018 (print) | DDC 155.9/042—dc23
LC record available at <https://lcn.loc.gov/2017041581>

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Cover and interior design by Shannon Pourciau
Edited by Eric Braun

Free Spirit Publishing

An imprint of Teacher Created Materials
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Test Your Stress

Before you read the rest of the book, take this fun test. And don't worry! You automatically get an A just for answering the questions.

1. At night, do you have dreams about getting chased, taking a test where you don't know any answers, or standing in front of a bunch of people without your clothes on? **Yes** or **No**





2. Does the thought of going to school ever worry you so much you could almost puke?

Yes or No

3. Does your head sometimes feel like it's being squeezed by a boa constrictor?

Yes or No

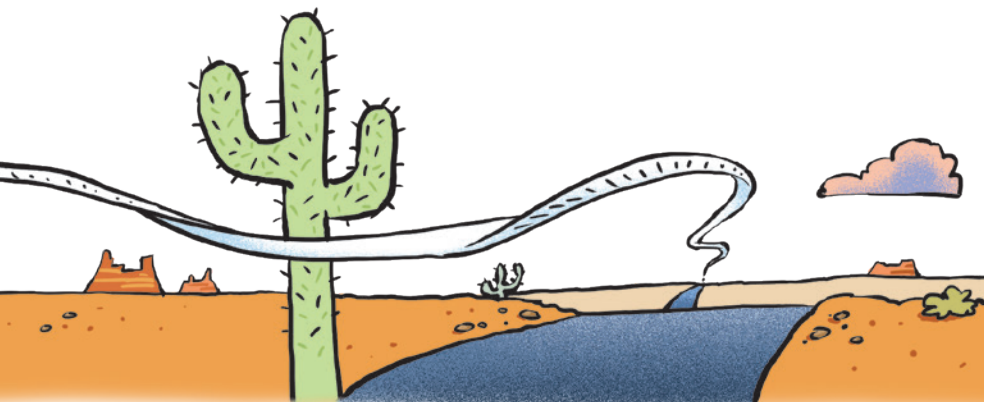
4. Does your to-do list seem a mile long?

Yes or No

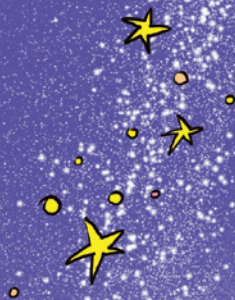




5. Would a good nickname for you be “Grouchy McStress”? **Yes** or **No**
6. Do you ever wish for a magic wand to make your stress—POOF—disappear? **Yes** or **No**
7. Some days, do you walk around so tired that you feel like you’re on “autopilot”?
Yes or **No**
8. Are you often so tense that your shoulders are up to your ears? **Yes** or **No**



9. Do you wish aliens would capture you, so you could escape from your problems? **Yes** or **No**
10. Are you sometimes as jumpy as a rubber ball bouncing off the ceiling? **Yes** or **No**
11. Does the world ever seem to be spinning so fast that you want to get off for a moment and take a break? **Yes** or **No**





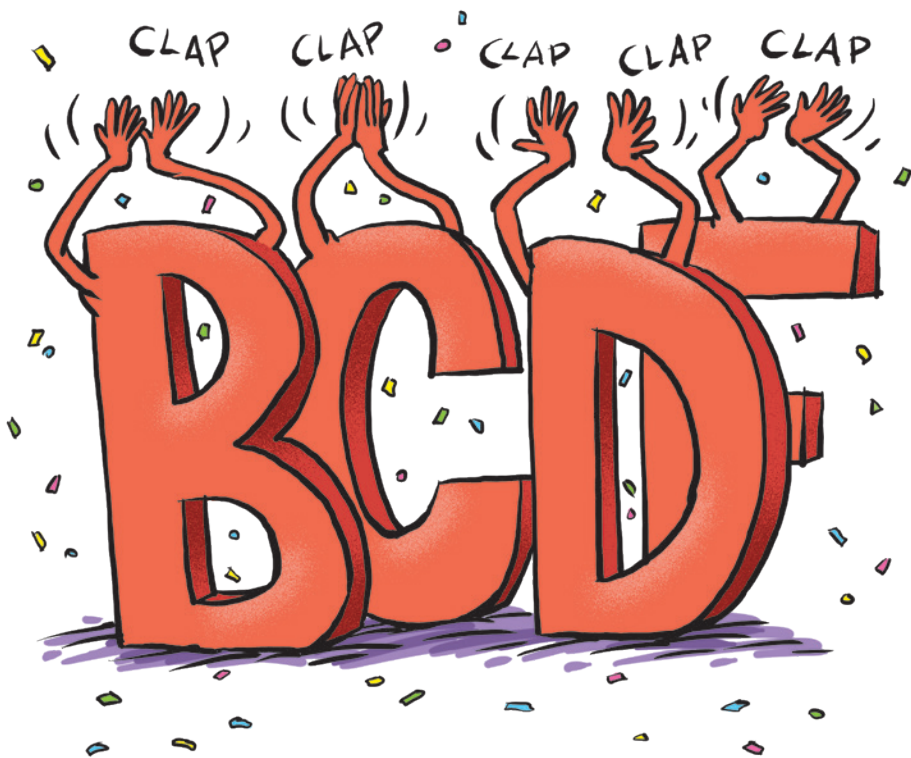
How Did You Do?

If you answered **yes** to all or most of these questions, you are *stressed out*. This book can help.

If you answered **yes** to some of the questions, you can use this book to deal with stressful days.

If you answered **no** to all of the questions, you're cool as a cucumber. Keep reading to learn how to stay that way.

Here's your **A...**





chapter 1

What the Heck
Is Stress?

Stress is what you feel when

1. situations make you uncomfortable

or

2. you're worried about something that has happened, will happen, or *might* happen.

