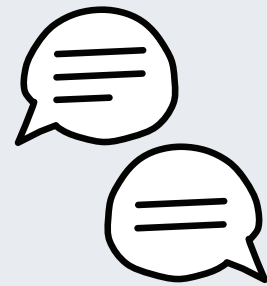


Starting the Conversation

These **11 conversation starters** can help you and your family figure out what works best for handling pressure:

1. What's a situation that made you feel pressure or stress?
2. How do you know you are feeling pressure or stress? Does your body feel differently? Do you have certain thoughts going through your head?
3. Were you feeling pressure from inside yourself or from someone else?
4. What is your favorite way to reduce stress?
5. How do you talk to yourself when you make mistakes?
6. What do you say to a friend when they make a mistake?
7. What sort of music do you listen to when you want to relax?
8. Who is someone you can talk to when you feel pressure?
9. Do you think some pressure is good for people? Why or why not?
10. How do you help others who are under pressure?
11. What are some bad or unhealthy ways to feel less pressure?



Keep the conversation going:

Nobody goes through life without pressure. A little bit of pressure can be helpful because it motivates us to grow and work hard. For example, when we know that we want to do well on the spelling test, we study!

However, when pressure becomes too much (causing us to freeze, burnout, or become upset with ourselves or others), this is when we have to take a step back and regroup.

Discuss times pressure helped motivate you and times pressure made you overwhelmed as a family and share your findings on social using **#OnOurSleeves!**

**Share your activities with us, and any new ideas you have,
by using **#OnOurSleeves** on social media.**

ON OUR SLEEVES[®]
The Movement for Children's Mental Health

