



If you feel that stress and anxiety are affecting your mental health or you are worried about a friend then please speak to a chaplain, teacher, parent or doctor.

Great advice and support are also available at: www.youngminds.org.uk

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WHAT STRESSES YOU OUT THE MOST?

Exams and deadlines have surely got to be in the top three! So why do they stress us out so much?

Maybe it's because we feel the pressure from our parents, teachers and society. Perhaps we think that good results will lead to us making it in the real world; that they'll open wide the gates to happiness, security and ease.

What are you going to do if your stress levels begin to swamp you?

Eat right? Exercise? Take regular breaks? Sure they can help. But the ultimate solution to the stress of life, to putting all things into perspective is this:

***THEN JESUS SAID, 'COME TO ME
ALL OF YOU WHO ARE WEARY
AND CARRY HEAVY BURDENS,
AND I WILL GIVE YOU REST.'***

MATTHEW 11:28 (THE BIBLE)

Jesus invites you to go to Him, not just with the anxieties of your workload but with the whole of your life. Only in Jesus will you find real rest.

Intrigued? Tap this code in snapchat or go to www.festive.org.uk/stressed to find out more

