

I'm s-t-r-e-t-c-h-e-d!
I have so much stuff to do.
Gotta be here...Gotta do that...
Where did I put my shoe?



I'm worried about my hedgehog, Happy.
I can't get her to eat.
And I have a science project,
that's due at the end of the week.



What should I pack today?
I have so many places to go.
Don't forget that...remember this...
Ouch! I stubbed my toe!



Homework, friends, family, grades –

trying to fit everything in.

Happy still isn't eating.

Feeling stretched again.

There's a lump in my throat, my stomach's in knots,

I feel like I'm a drone!

I need four of me to get everything done.

I wish I had a clone!



"Mom, I'm stretched!"

"You mean you're stressed?"

"Yes, I'm stressed because I'm stretched."

"I feel like a rubber band,
that's stretched and about to break.
I have places to go and things to do,
and a great big project to make!"





"Try to take better care of yourself. You need to get plenty of sleep. It's hard to be you when you're tired. Make sure you remember to eat."



*"Schedule some 'ME TIME' every day. A few minutes, like 5 or 10. Always remember it's okay to say **NO**, to stuff you cannot fit in."*



"Let me be your human dust pan. Tell me about all of your stress. You vent, I'll listen. Get it all out. Give it your very best."

"Ok, here it goes."

