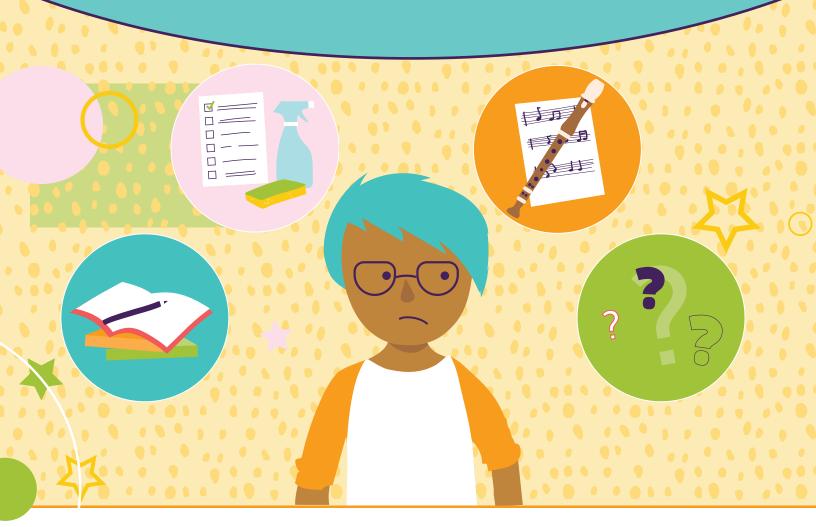# Know the difference between healthy and unhealthy stress!

Stress is normal and can be a good thing. But too much stress can become a problem and negatively affect your thinking, body, sleep, attention, and more.

Talk to a teacher, principal, school counsellor or friend if you need to.

www.SurreySchools.ca/mentalhealth

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