

What **you** can do

You're watching some of your classmates interact rudely with each other, and you start to notice an uneasy feeling in your stomach. You run through a quick checklist of what it could be. You remind yourself that you ate a good breakfast, you got good sleep last night, and you were feeling good this morning. You've decided that the uneasy feeling is from not agreeing with how your classmates are acting. What do you think the best plan of action would be?



ANSWER:

Alright, now let's pretend that you listened to your body, decided to walk away from your classmates, and you started to feel better. The next day you come to school and the same thing happens. What are some ways you can continue to respect your body and feel your best?

Great! What would you say if a friend of yours had the same problem?