KID CONFIDENT

#3

"Smart and essential!"
—Jeff Kinney,
Diary of a Wimpy Kid

HOW TO HANDLE STRESS FOR MIDDLE SCHOOL SUCCESS



by Silvi Guerra, PsyD • illustrated by DeAndra Hodge

KID CONFIDENT #3

How to Handle

STRESS

for Middle School Success

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Magination Press · Washington, DC · American Psychological Association

For all middle schoolers who are brave enough to ask for help, are willing to learn new things, and hold hope that things will get better with effort. You are my heroes.

For the families and clients who have trusted me to support their growth throughout the years. I'm profoundly grateful to be part of your journey.

For Rümi, my unconditional comfort, support, and loyal friend. Thank you for choosing me.

Te quiero tanto mi chiquita.—*SG*

To Anna, Rebekah, and Lincoln, my best friends since middle school. Thank you for making me who I am today—*DH*

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DEAR READER (DON'T SKIP THIS!)

You may have picked up this book because you're feeling stressed about middle school, or maybe someone who cares about you gave you this book. Regardless of how you got here, I'm happy you've decided to learn more about yourself and ways to handle stress and the dreaded worry brain.



What is "worry brain," you ask?



Well, **worry brain** is when you're going about your day, attending your classes, sports, or hanging out with your friends and, suddenly, your heart may start beating fast, or your cheeks feel hot and then worry thoughts flood your brain, which may sound like:



Have you ever had thoughts like these?