

Stress and your brain

Complete the text with words.

a short time extra hard confused

When you have stress, your brain has to work _____ to handle it. It's like trying to juggle too many balls at once. This can make your brain feel tired and a bit _____. Just like how you might feel when you have too much homework or lots of things to do in _____.

remember worried about full strong

Stress can also make it harder for your brain to _____ things. Have you ever tried to remember something when you're _____ something else? It's like your brain's to-do list is too _____, so it can't focus on remembering.

But don't worry! Your brain is really _____. There are ways to help it feel better.