



Ninja Stress Ball

Improve your coping skills

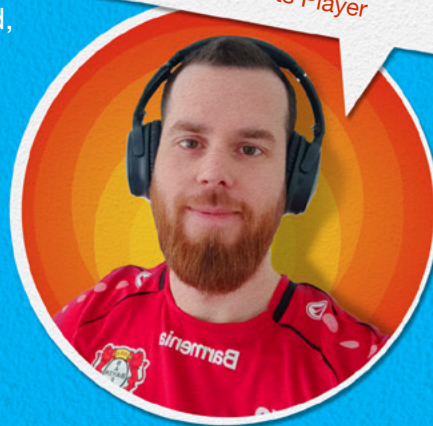
“I’m really stressed out!” You’ve probably heard your parents, or another grown-up say this from time to time. But it’s not only adults who can feel stress...kids can feel it too! It is your body’s emotional reaction to challenges, threats or high-pressure situations.

When you feel stressed, you may be worried or nervous about something. This worry in your mind can make you feel sad, frustrated, angry, or afraid. It can even make your body feel bad and give you a stomachache or a headache, for example. But you are not alone. Everyone feels stressed out at times and there are many ways you can cope with it.

What do you do to relax?

To relax, I listen to my favorite playlist.

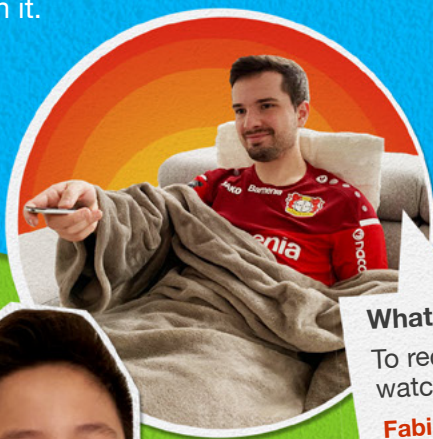
Kai “deto” Wollin
Professional eSports Player



What do you do to reduce stress?

To reduce stress, I sit on the couch watching my favorite show.

Fabian “b04_dubzje” De Cae
Professional eSports Player



We asked professional video gamers from the Bayer 04 eSports team (**#B04eSPORTS**) in Leverkusen Germany to share some coping tips with us, because they have to deal with stress a lot! Intense training and tough competitions require a lot of concentration, and of course, every athlete feels internal pressure to perform well. That’s why they have to make a conscious effort to fight for their mental health proactively before stress starts to affect their physical health.



How stress balls work

While stress balls are not the ultimate cure for stress, they can be a useful tool for defending your own mental and physical health. The simple act of repeatedly squeezing and releasing the muscles in your hand and wrist may help to release some of the nervous energy that makes your body feel tense when you are stressed. Physical exercise is another good coping technique for releasing stress energy. But in situations when exercise is not possible (like sitting in a classroom or on an airplane), a stress ball is silent and small enough to use anywhere!

Be a stress-fighting ninja!

You could think of yourself as a stealthy stress-fighting ninja! Ninjas don't let their enemies sneak up from behind them; they are always aware of what's going on around them and prepared to take action. Like a ninja, you can stay alert for signs of stress in your body, then quietly attack it head-on before it can overwhelm you. You can even create your own Ninja Stress Ball so that you are prepared to fight!

What you need:

- **Two balloons:**

A white or yellow one for the ninja face, and one with a different color for the mask



- **Scissors**



- **Fold-over sandwich baggies**



- **3/4 cup of flour**



- **Ballpoint pen**



What to do:

- 1 First, put the flour in the sandwich bag.
- 2 Then fold over the baggie and squeeze out all the air.
- 3 Cut off the blowing end of the yellow or white balloon.
- 4 Stuff the flour-filled baggie into the balloon.
- 5 Then cut off the top of the other balloon. Also cut an opening for the ninja face.
- 6 Stretch the second balloon around the first one with the opening facing the opposite way, so that the flour baggie can't come out.
- 7 Now it's time to draw! Add a ninja face with a ballpoint pen.
- 8 **Ta-daaa!** Here it is – your own Ninja Stress Ball ready to fight against stress.

