



**TEACH YOUR
STUDENTS HOW
TO MANAGE
THEIR STRESS!**

STRESS MANAGEMENT

Our poor students are so stressed out from modern life and constant testing. Help them learn strategies to manage their emotions and symptoms and deal with life's every day stresses to develop resilience and keep going through the tough times.

On April 27, 2018, Nikki S. said:

I love this set! I teach 7th grade Health and we do a stress unit every year. The lessons are easy to understand and implement, and lead to excellent whole group and small group discussions. Thank you!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

Stress Management

WHAT CAUSES STRESS?

ILLNESS
WORK THAT FEELS TOO HARD
TOO MUCH WORK
TESTS
NOT KNOWING WHAT TO DO
ARGUMENTS
WORRYING ABOUT THE FUTURE
FEELING OVERWHELMED
DIFFICULT PEOPLE
WORRYING ABOUT THE PAST

Stress Management

WHAT ARE THE PHYSICAL SIGNS OF STRESS?

HEADACHES
HEART RACING
SHAKING
FEELING SICK
IRRITABILITY
LACK OF CONCENTRATION
CHANGE IN EATING HABITS
RAPID BREATHING
STOMACH KNOTS
CHANGE IN SLEEPING HABITS

On March 22, 2018, Annette B. said:

I loved this lesson and so did my students. It was very interactive and most importantly, informative.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0



STRESS MANAGEMENT

On February 10, 2016, Allison N. said:

Was looking for a good lesson to do with my high school students as the middle to end of the year approaches and they will be preparing for finals etc. THANKS!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

On July 2, 2017, Jessica S. said:

I used this as one of my Advisory Activities this year. My kids loved it, and I really feel it was beneficial to all of us.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

On August 19, 2018, Shannon O. said:

I'm excited to use this not just for students, but for my stressed out Beginning Teachers too!

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

Stress Management

WHAT IS STRESS?

- It's a feeling that is created when we react to certain events
- It's the body's way of preparing itself to deal with a tough situation
- There are both good and bad types of stress: short term and long term

Stress Management

THAT DOESN'T SOUND SO BAD?

- The **fight or flight** stress is considered the 'good' stress as it is designed to **protect** us from tough situations. However, not all stress is good
- Some stress is more **long-term** such as preparing for tests or moving to a new school
- As this stress is ongoing, the nervous system senses **continued pressure** and can continue to produce extra stress hormones over a long time
- This can **wear out** the body's resources, leaving you feeling weak, overwhelmed, and stressed

Stress Management

CAN WE CONTROL STRESS?

- Identify which of your personal worries can be controlled and which can't, on the sheet provided

- Compare and discuss your answers with your group
- Have a class discussion and compare any similarities or differences in opinion

- By identifying what you can control, you can begin to take positive actions to help yourself

Controlling Actions

Task

The tasks she has to take

The state of her health

Choose when to study and how long for

Choose to eat healthy and exercise

Are you noticing your students getting stressed from upcoming tests or just from general modern life? Give them the tools to handle it with this ready to go resource. Help them understand that feelings of stress are completely normal and teach them how they can harness them.



STRESS MANAGEMENT

Giving your students an opportunity to talk about stress is a powerful thing. This resource sparks some deep conversation that helps your students firstly not feel so alone, and secondly gives them tools to be able to handle their emotional and physical feelings.

On January 6, 2016, Andi O. said:
This was **really practical, and well designed!**
I was able to adapt it to work for 4 lessons of my guidance course. **Took the stress right out of the teaching ;)**

Total: ★★★★★ 4.0
Clarity: ★★★★★ 4.0
Creativity: ★★★★★ 4.0
Thoroughness: ★★★★★ 4.0
Practicality: ★★★★★ 4.0
Accuracy: ★★★★★ 4.0
Overall Quality: ★★★★★ 4.0

On November 11, 2017, Alexandra F. said:
I used this last week to help my students in NJHS learn how to manage their stress. It **inspired some great discussions** and was a helpful resource!

Total: ★★★★★ 4.0
Clarity: ★★★★★ 4.0
Creativity: ★★★★★ 4.0
Thoroughness: ★★★★★ 4.0
Practicality: ★★★★★ 4.0
Accuracy: ★★★★★ 4.0
Overall Quality: ★★★★★ 4.0

On October 11, 2017, Jhennick V. said:
I use this with my 6th graders who needed more attention and **very specific support for the stress they were going through** and it was wonderful! **They related well** and were **engaged** with the material! Great resource.

Total: ★★★★★ 4.0
Clarity: ★★★★★ 4.0
Creativity: ★★★★★ 4.0
Thoroughness: ★★★★★ 4.0
Practicality: ★★★★★ 4.0
Accuracy: ★★★★★ 4.0
Overall Quality: ★★★★★ 4.0

Stress Management

HOW TO HANDLE STRESS

Get active: Stress hormones are getting our body "ready for action" (even if there is no physical danger) so doing exercise helps use them up and de-stress you. Choose an exercise that you enjoy.



Get enough sleep: As a teenager, your body is growing at a very fast rate and so sleep is important for your development. Not sleeping enough can leave you feeling emotional and difficult to concentrate, as making the effects of stress much worse.

Manage your time: Too much of anything can be bad for you, so work out a plan to manage your time so that you can get your work done and have time to...

Stress Management

HOW TO HANDLE STRESS

Take a break: It is important to take a break from your problems every now and then, and allow yourself time to do things you enjoy doing. This gives your body and mind a chance to relax and de-stress.

Keep healthy: Choose vitamin rich foods to keep your body and mind balanced, and avoid caffeine which can increase feelings of anxiety and agitation.



Talk about it: It has been said that "a problem shared is a problem halved". It can really help to just talk to someone you trust. Chances are, someone has experienced something similar and can offer advice or a friendly ear.

Stress Management

RELAXATION EXERCISES

Controlled breathing can promote feelings of calm, lower blood pressure and help you de-stress by balancing your nervous system.

You will now be talked through a range of different **relaxing breathing exercises**. Calming music can be played in the background to help you relax even further.

Try them out and see what works best for you. Then practise them whenever you start to feel stressed out.



STRESS MANAGEMENT

On January 27, 2018, Jack Of All Grades (TpT Seller) said:

Easy to use, minimal prep, and flows nicely together. Students really enjoy learning about these topics, and the way you've presented it is easily accessible for all types of learners.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

Stress Management

HOW WILL YOU HANDLE IT?

Putting a plan in place can help you cope with stress. You should create a list of action points that you can control and enjoy doing, which will help you feel better in any stressful situation.



On March 22, 2019, Senorita Abel (TpT Seller) said:

I love how the student activities make the information so interactive. It helps to break up the information, engage students, and give them the chance to process.

Total: ★★★★★ 4.0
Clarity ★★★★★ 4.0
Creativity ★★★★★ 4.0
Thoroughness ★★★★★ 4.0
Practicality ★★★★★ 4.0
Accuracy ★★★★★ 4.0
Overall Quality ★★★★★ 4.0

Stressful Scenarios

In your group of 3, read the scenarios below. You will undergo a role play with one person being the character, one a trusted adult the character has confided in, and the other an observer. Swap roles with each character.

Scenario 1

Sarah considers herself a perfectionist and has high expectations of herself and others. She is always late for school, she spends much of her free time after school studying and isn't satisfied with her grades unless they are all A's. Recently she has been overwhelmed and has been absent.

Scenario 2

Michael recently visited his parents who have been aging a lot and they just gave him the devastating news that they have decided to get divorced. He has been told that he has to move out.

Scenario 3

Flip is a very social boy who prefers to keep himself to himself at school. However, recently some kids at his school have been teasing him on his choice of clothes as he has a unique style. One day he tried wearing "regular" clothes to fit in but got teased.

Stressful Scenarios.

The observer should be taking notes on a plain piece of paper during the role play, and then as a group you should reflect on the conversation and record your observations and thoughts below:

	Sarah	Michael	Flip
What could the character do to improve their ability to cope with their stressful situation?			
What effect could these choices have on them and their stress levels?			
What plan of action do you think this person could put in place to handle their stress?			

Facts 'n' Stats

This resource is ready to teach. It can be used in whole and small group or even individually. There is a PowerPoint with interactive features and discussion points, with printable activities if you choose to use them. It suits a wide range of ages and learning styles!



STRESS MANAGEMENT

I have used this resource with students from ages 11-15 (and um, I totally use it for myself too, haha!); everyone can benefit. We all have stress, and it's not always a bad thing - it can save our lives! When it does get bad is when it debilitates us, so this resource will guide your students to understand their stress and learn how to manage it effectively. There are a range of methods to try, as one size does not fit all!

Be the change.

Coping Skills

Controlling Actions

Many things worry us, not all of which we have control of. In your group, take the character you role played, and write down their stress and concerns to the most appropriate space below. Decide whether you think your character can control it or not, then write a list of actions they could take to deal with their stress.

Name of character _____

Worries they are not in control of

1

2

3

4

5

6

7

8

9

10

Worries they are in control of

1

2

3

4

5

6

7

8

9

10

Actions to deal with the stress they cannot control

1

2

3

4

5

6

7

8

9

10

Actions to deal with the stress they can control

1

2

3

4

5

6

7

8

9

10

My Stress Plan

Writing a plan to affect can help you cope with stress. You should create a list of action points that you can control and enjoy doing, which will help you feel better in a stressful situation.

My Name _____

The worksheet features a cartoon border with various characters and objects. At the top, there is a title 'My Stress Plan' and a paragraph explaining the purpose of the plan. Below the text is a line for 'My Name'. The main area of the worksheet is filled with several speech bubbles and rectangular boxes of different shapes and sizes, intended for writing down action points. Small illustrations of a person meditating, a person with a guitar, and a person running are scattered around the boxes.

On August 30, 2018, Deanna J. said:

It was perfect for my honors class for 7th and 8th. I also liked how they incorporated bullying into the content

Total:	★★★★ 4.0
Clarity	★★★★ 4.0
Creativity	★★★★ 4.0
Thoroughness	★★★★ 4.0
Practicality	★★★★ 4.0
Accuracy	★★★★ 4.0
Overall Quality	★★★★ 4.0

On December 5, 2017, Sunflowers and Sped (TpT Seller) said:	Total: ★★★★★ 4.0
I am so excited to use this product! I teach	Clarity ★★★★★ 4.0
study skills and this a great lesson for my	Creativity ★★★★★ 4.0
students. I didn't have to create anything,	Thoroughness ★★★★★ 4.0
everything is ready for me. Thanks!!!	Practicality ★★★★★ 4.0
	Accuracy ★★★★★ 4.0
	Overall Quality ★★★★★ 4.0

Stress Management

STRESS RESPONSES

- Everyone is unique and **emotionally** responds to long-term stress in **different** ways.
- One extreme is, some people might act out in **anger** and may take it out on other people or things.
- Another extreme, is some might **internalize** it and isolate themselves, develop eating disorders or even substance abuse.





- ➡ NO PREP, READY TO GO
- ➡ 23 SLIDE POWERPOINT
- ➡ PRINTABLE ACTIVITIES
- ➡ WHOLE OR SMALL GROUP
- ➡ MODERN DAY SCENARIOS
- ➡ USEFUL FOR STAFF TOO!