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What is Stress?

Brainstorm—define.
How are stress and a crisis related? What is a crisis?
How can learning about Stress Management help you succeed?

Relating to stress can
Child Development-
Child Guidance-
Interpersonal Studies

Effectively Managing Stress
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Common Symptoms of Stress

- stomachache
- sweaty palms
- nervousness

Can you think of more?

Create a longer list which includes but is not limited to: butterflies in stomach, feeling nauseous, faster heart beat
Common Signs of Stress

• nail biting
• over eating
• withdrawing from friends, family and activities
• sleeping too much

These are also signs of depression. This is why it is important to learn to manage stress in your life.
Sources of Stress during Childhood

- losing a pet
- parents divorce/separate
- a new school
- change in physical appearance (glasses, braces)

What are some other stress factors a young child can experience?
Sources of Stress during Adolescence

- school, tests, state exams
- disagreements with family or friends
- issues with peers
- physical problems

Discuss each bullet point in detail. Have students look closely at their habits, attitudes, life style and excuses.

What are some other sources of stress during adolescence?
Sources of Stress during Adulthood

- starting/losing a job
- family member getting married
- moving to a new home
- family member having trouble with addiction
- financial problems

What are some other stress factors an adult can experience?
What are some other stress factors a senior person can experience?
Healthy Ways to Manage with Stress

- Talk to someone
- Go for a walk
- Listen to music
- Play with a pet

What are some other healthy ways to manage stress?
Healthy Ways to Manage with Stress

- Learn to manage time wisely in order to be productive.
- Avoid overload or doing too much at one time.

What are some other healthy ways to manage stress?
Healthy Ways to Manage with Stress

• Delegate work to others when possible.

• Prioritize tasks and deal with them one at a time.

What are some other healthy ways to manage stress?
Healthy Ways to Manage with Stress

• Reward oneself for completing or reaching a goal.
• Learn to relax by breathing deeply.

What are some other healthy ways to manage stress?
Exercise for thirty minutes a day, three times a week. Exercise is great for the mind and body. What are some other healthy ways to manage stress?
Healthy Ways to Manage with Stress

• Think positively and realistically to avoid worrying about things that cannot be changed.

• Maintain a nutritious diet.

What is emotional eating?
Healthy Ways to Manage with Stress

Avoid self-medication to prescribing medication for oneself without either a prescription or the advice of a physician for using that particular drug.

See your physician for medical advice.
Taking a nap and waking up feeling refreshed is a great stress reliever, however sleeping TOO much and not wanting to get out of bed to face the challenges of the day (or your life) is unhealthy.
What are some ways you like to relax and have fun? Allow for discussion and questions.
View videos: “Quick Stress Relief” and “How to Manage Stress Effectively” to determine techniques for managing stress. Allow for discussion and questions.
References and Resources

- Pictures: Microsoft Office Online images

Websites:

- Causes of Stress
  Source: Changing Minds
  Stress affects us all. If you can spot the symptoms, you can manage them.
  http://changingminds.org/explanations/stress/stress_causes.htm

- Stress Guide
  Source: Helpguide- A Trusted Non-Profit Resource Stress can be overwhelming, damage you health, your relationships and your quality of life. You can protect yourself by learning how to recognize the signs and symptoms to reduce its harmful effects.
  http://www.helpguide.org/topics/stress.htm
References and Resources

Website:
Stress Management
Source: Help Guide, a trusted non-profit resource
How to reduce, prevent and cope with stress.
http://helpguide.org/mental/stress_management_relief_coping.htm

YouTube:
How to Manage Stress Effectively-ways to determine techniques for managing stress.
http://youtu.be/ZHxPgywixhg

Video:
Quick Stress Relief
Techniques to assist you in managing stress
http://helpguide.org/toolkit/quick_stress_relief_video.htm