

TITLE: Understanding Stress

AUDIENCE: Freshman & Sophomore classes

OBJECTIVES (1 min.):

- To identify situations that cause feelings of stress.
- To learn what stress does to the human body.
- To determine and discuss positive/healthy ways to cope with stressful situations.
- To learn a relaxation technique.

MATERIALS /RESOURCES:

- Pre-Test/Post Test sheets
- Pencils/Pens
- Chalk Board/Chalk
- Video:<http://www.learntobehealthy.org/kits/1012MentalHealthKit/Activity3/start.aspx>

PRE TEST (5-10 min.)

Reflection Questions (to be written down on paper):

Begin reflection with the following prompt: Today we are here to talk about stress and how to deal with stress. Before we get started, think about how you handle stress and write down your best and worst strategy for dealing with stress.

What is the best way you handle stress?

What is your worst strategy for handling stress?

POST TEST (5 min.)

Reflection Questions (to be written down on paper):

What was the most useful idea you learned today?

Did you find this lesson helpful? Y/N and Why?

ACTIVITY: Individual/Group (40 min.)

-Allow students to share thoughts and comments based on reflection questions (pretest).

-As a class, list topics that cause stress and write on board as students suggest them. Stressors to add to the list if students have not suggested them are:

- Grades
- Homework
- Juggling school and extracurricular activities
- College expectations/Application process
- Relationships/Friends/Romantic
- Family/Parents/Siblings
- “Drama” in your life
- Thoughts of the future and change
- Social expectations

-Think-Pair-Share: Students will think about the following questions individually, then pair up with a partner to discuss, and finally share answers within a class discussion. The questions include:

- Are there any stressors that anyone identifies with?
- How do you handle stress?
- Suggestions on ways to handle stress

-Show 7 minute video clip: <http://www.learntobehealthy.org/kits/10-12MentalHealthKit/Activity3/start.aspx> (Skip "Activity" Portion.)

-Discuss the video as a class. Include the following questions: Did you connect with any of the 'Managing Stress' ideas? Were there any ideas that the video missed?

-Model for students a relaxation technique & use the technique as a class.

-Students will make simple posters to hang around the school to artistically express what they learned about ways to cope with stressful situations.

-Remind students how they can reach school counselors if they are feeling stressed out and need to talk.

-Posttest.

INFORMATION / COMMENTS / FOLLOW-UP:

- Relaxation technique handout (see attached).
- Informational flyer on how to reach school counselors.

**AMERICAN SCHOOL COUNSELING ASSOCIATION (ASCA)
STANDARDS**

ACADEMIC DOMAIN:

A:A1.5 Identify attitudes and behaviors that lead to successful learning

A:A3.5 Share knowledge

A:B1.1 Demonstrate the motivation to achieve individual potential

A:B1.4 Seek information and support from faculty, staff, family and peers

A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life

CAREER DOMAIN:

C:A1.10 Balance between work and leisure time

C:A2.9 Utilize time- and task-management skills

PERSONAL/ SOCIAL DOMAIN:

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.5 Identify and express feelings

PS:A1.6 Distinguish between appropriate and inappropriate behavior

PS:A1.8 Understand the need for self-control and how to practice it

PS:A1.10 Identify personal strengths and assets

PS:A2.2 Respect alternative points of view

PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help

PS:C1.6 Identify resource people in the school and community, and know how to seek their help

PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices

PS:C1.10 Learn techniques for managing stress and conflict

PS:C1.11 Learn coping skills for managing life events

ILLINOIS ACADEMIC STATE STANDARDS

Social Emotional Learning:

1A.4a. Analyze how thoughts and emotions affect decision making and responsible behavior.

2A.4a. Analyze similarities and differences between one's own and others' perspectives.

2A.4b. Use conversation skills to understand others' feelings and perspectives.

2B.4b. Demonstrate respect for individuals from different social and cultural groups.

Health:

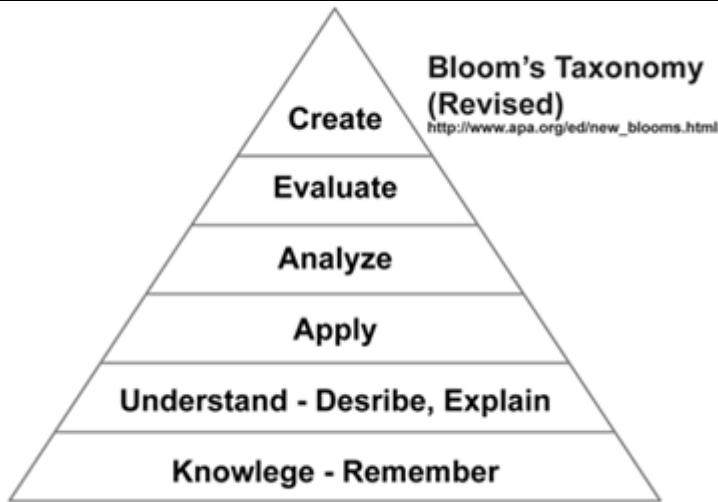
22.A.5b Evaluate the effectiveness of health promotion and illness prevention methods using data from actual situations

23.B.5 Understand the effects of healthy living on individuals and their future generations

24.B.5 Explain immediate and long-term impacts of health decisions to the individual, family and community.

24.C.5 Evaluate progress toward the attainment of a health goal.

HOW DID THE STUDENT CHANGE AS A RESULT OF THIS LESSON?



Based on an APA adaptation of Anderson, LW & Krathwohl, DR (Eds.) (2001)

SWBAT: *KNOWLEDGE/REMEMBER*- Students will be able to define and give examples of what causes stress.

SWBAT: *DESCRIBE/EXPLAIN*- Students will be able to determine and discuss positive/healthy ways to cope with stressful situations through the Think-Pair-Share activity.

SWBAT: *ANALYZING*- Students will use the video to understand ideas of how to handle stress.

SWBAT: *CREATING*- Students will create posters to hang around the school to artistically express what they learned about ways to cope with stressful situations.

EVALUATION DATA

Process Data: Number of students who participated in the lesson at each grade level.

Perception Data: Students will turn in Pre & Post Test reflections.

Results Data: To see if attitudes and knowledge of how to handle stress has changed as a result of this lesson.

Relaxation Technique

1. Squeeze and tense your fists and forearms. Hold for 5 seconds and then relax for 10 seconds. Repeat. Slow down your breathing.
2. Bring your hands to your shoulders to tighten your upper arms. Hold briefly, then relax. Repeat. Slow down your breathing.
3. Shrug your shoulders up toward your ears to tense your shoulders. Hold briefly, then relax. Repeat. Slow down your breathing.
4. Push your chin toward your chest to tighten the back of your neck. Hold briefly, then relax. Repeat. Slow down your breathing.
5. Scrunch up your face. Hold briefly, then relax. When relaxed keep the lips parted slightly to prevent jaw tension. Repeat. Slow down your breathing.
6. Stretch back your shoulders, tightening your chest. Hold briefly, then relax. Repeat. Slow down your breathing.
7. Suck in your stomach muscles, making them tight. Hold briefly, then relax. Repeat. Slow down your breathing.
8. Stretch your legs out in front of you, and tense your thighs. Hold briefly, then relax. Repeat. Slow down your breathing.
9. While sitting with your feet on the floor, go up on your toes and tense your calves and feet. Hold briefly, then relax. Repeat. Slow down your breathing.

Source: http://www.it-tallaght.ie/contentfiles/Documents/Health%20Centre/panic_attacks.pdf