



Homeroom Virtual Learning

7th Grade Homeroom

May 12, 2020



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Lesson: May 12, 2020

Objective/Learning Target:

- **I can recognize stress and use positive strategies to manage and cope with stress**

WARM UP

On a piece of paper, first identify a stressful situation or particular stressor that has occurred in your life recently, or one you anticipate facing in the future, and describe your response. Next answer the following questions about your situation.

- How did or might you feel?
- What did or might you think?
- What did or might you do as a result of the stress?

LEARN: DEALING WITH STRESS

When you have some control over a situation, you may be able to take action or change the circumstances to help reduce the stress.

When you do not have control over a situation, you're not able to change situations, but you may be able to adjust your attitude, shift how you feel or alter the way you think about the situation to help manage the stress.

LeARN: NEGATIVE WAYS TO COPE WITH STRESS

Look at this list of negative ways to deal with stress.

Have you done any of these things?

Did they make the situation better or worse?

How does doing these things make you feel?

- Becoming angry or upset
- Blaming someone else for the stress
- Acting out with physical violence
- Ignoring a problem or avoiding a situation
- Pretending the stress isn't happening
- Lying to avoid responsibility
- Using tobacco, alcohol or other drugs
- Overeating
- Zoning out in front of the TV or computer
- Sleeping too much
- Staying too busy to leave time to feel emotions or face problems

LEARN: POSITIVE WAYS TO COPE WITH STRESS

[Link to Video](#)

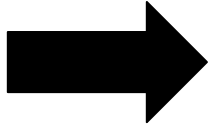
Stress is not the same for everyone.

The reaction to stress often depends on how the person views the situation or event. It can also be influenced by a person's past experiences and skills in handling stress.

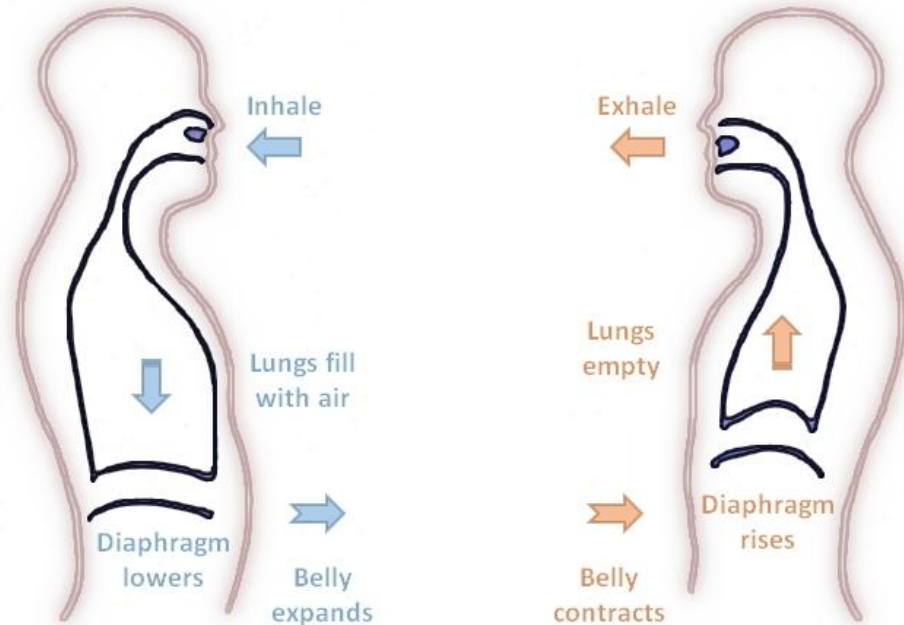
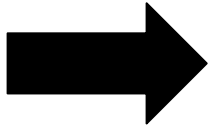
View with video about coping with stress to gather some ideas on how you can adjust your attitude when things are out of your control.



PRACTICE: THINK ABOUT YOUR BREATHING



Click the picture to practice a breathing technique as a way of coping with stress.



PRACTICE: MAKE A PLAN

Read: Read this short handout on [Stress Management Techniques](#) to find what would work best for you.

Make a Plan: Complete this [handout](#) to create you plan to deal with stress.

ADDITIONAL RESOURCES:

If you would like to learn more about stress management, check out these additional resources:

- [Ted Talk: How to Cope with Anxiety](#)
- Read this article on [Skills to Deal with Stress](#)