



Personal Fitness Virtual Learning

Stress Management

May 1, 2020



7/8th Grade Personal Fitness
Lesson: [May 1st 2020]

Learning Target:

Practice Strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise (S3.M18.7)

Essential Question:

How can you release some stress?

Warm up:

Quick Write: What are somethings that help you calm down when mad/angry/frustrated/stressed/sad?

Stress factors:

- Relationships- Friends, parents, teachers, animals, & family.
- Finances- being able to go places, buying food, earning money, buying things you want, not being able to buy something you want.
- Emotions- feeling a certain way and not being able to explain why, happy, sad, angry, frustrated, irritated, wanting to be alone, wanting to be around friends, mad, ect.
- Death in the family, moving into a new home, family change (parent remarried), divorce, loss of job, bad grade, injured, ect.



Things that can help reduce stress:

- Physical activity-running, talking a walk, playing basketball or another sport, kick boxing video (youtube).
- Talk to someone who is listening ear that you can trust will not tell others unless it is needed.
- Relaxing techniques- meditation, different breathing activities, self-hypnosis, ect.
- Get more sleep. Stress can lead to the lack of sleep. Calm the mind and get some rest.
- Write it down- have a stress journal.
- There are several ways to help one reduce stress. Find the one that works best for you.



Practice on your own these relaxing techniques:

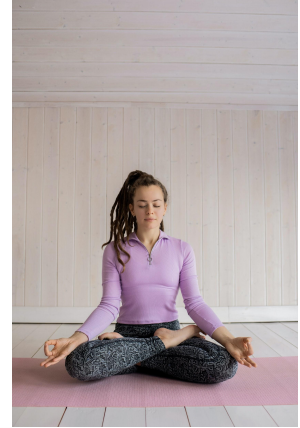


1. Meditation
2. Breathing activities
3. Self-hypnosis





Meditation



Watch this video about [Benefits of meditation](#).

Then watch this about [How to meditate](#).

- Answer the following questions: What emotions are you feeling? Why do you think you are feeling like this?

Lastly practice meditating while watching this video: [Practice meditation](#)

- Answer the following questions: What emotions are you feeling now? Why do you think you are feeling like this? Did meditation help? Why or why not?



Breathing activities:

1. Try the [Balloon Breathing](#) by practicing with the video.
2. Try [Rainbow Breathing](#) this time.
3. Then try [Bring it Down](#) breathing.

These are just a few breathing exercises that one can do. If you would like to find more, Google it. Type in breathing exercises.

Self-hypnosis

Self-hypnosis is very easy and can be done anywhere. One very simple technique is to focus on a word or phrase that has a positive meaning to you. Words such as "calm" "love" and "peace" work well, or you could think of a self-affirming mantra such as "I deserve calm in my life" or "Grant me serenity". Focus on your chosen word or phrase; if you find your mind has wandered or you become aware of intrusive thoughts entering your mind, simply disregard them and return your focus to the chosen word or phrase. If you find yourself becoming tense again later, simply silently repeat your word or phrase.

What is your word or phrase?

Mine is lake time because I am the most relax at the lake and I have a lot of great memories that were/are stress free.

Reflect on what you have learned.

Answer the following:

- What is one stress factor for you?
- What is one way to help reduce stress for you?
- Did any relaxing techniques stand out to you? Why or why not?
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- What is your word or phrase to help reduce stress?

Have a great rest of your day!

*Give every
day the chance
to become
the most
beautiful
of your life.*

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**When life put
you in tough
situations,
don't say**

WHY ME?

just say

TRY ME!

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