



PE/Health Virtual Learning

7/8/S&C Health

Stress Management

April 17, 2020



7/8 S&C Health

Lesson: **Stress Management**

Date: April 17th

Objective/Learning Target: The student will be able to practice strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise
NASPE Standard S3.M18.7

Lesson Objective/Essential Question

EQ: Can you identify stressor in your life? Do you know healthy ways in which to deal with stress?

Objective: Your objective for this assignment is to identify things in your life that stress you out. You will also be able to find healthy ways in which to deal with those stressors.

Warm-Up Activity

Make a list of all the things around you that currently stress you out.

Next Make a list of things that you love to do and brings you peace.

Practice– Defining and Identifying stress.

What is stress?

Stress is your body's response to changes around you. It's a normal part of life.

People sometimes react to stressful events with anxiety. Anxiety is feelings of uncertainty or worry over what may happen.

Types of stress

Stress can be positive or negative.

- Positive stress is healthy and can provide you with energy and excitement.
- Negative stress is unhealthy and often caused by things you cannot control. For example: home or school.

The stress response

The stress response also called the fight-or-flight response, results in physical changes that prepare the body to deal with threats or harm.

Stress Identification and Management

Signs of stress

- Irritability and anger: Stressed-out kids and teens might be more short-tempered or argumentative than normal.
- Changes in behavior: Sudden changes can be a sign that stress levels are high.
- Trouble sleeping: A child or teen might complain of feeling tired all the time, sleep more than usual or have trouble falling asleep at night.
- Neglecting responsibilities: If an adolescent forgets obligations or starts procrastinating more than usual,
- Eating changes: Eating too much or too little can both be reactions to stress.
- Getting sick more often: Stress often shows up as physical symptoms. Children who feel stress often report headaches or stomach aches.

Strategies for Managing Stress

1. Identify the source- determine what is causing you to feel stressed.
2. Set your priorities- make a list of things you want to accomplish.
3. Budget your time- set aside regular times for homework and chores.
4. Redirect your energy- use energy for something positive.
5. Talk to someone- talking about stress can reduce it.
6. Put things in perspective- remember that you are not alone. Don't make problems bigger than they are.
7. Increase physical activity- physical activity naturally relaxes the body.

Practice– What works for you.

Using your list you created before and the information you just read, complete the chart below. What activities do you think will work best for the stressors that you experience

Big Most Common Stressors

1. Siblings
2. Parents
3. Social Media

Activities That Can Combat Those Stressors

1. Read a book in a quiet place
2. Exercise
3. Disconnecting and going for a walk (without your electronic device)

Practice

Here are some other (more in depth) resources to help.

<https://kidshealth.org/en/teens/stress.html>

https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx>

<https://www.psychologytoday.com/us/blog/teen-angst/201411/top-10-stress-busters-teens>

If you are in need of physical activity ideas for your house you can reference the website to the right.

Websites:

Health Related

<https://www.doyogawithme.com/yoga-classes>

Skill Related

<https://darebee.com/>

You can also access workouts on the district curriculum website

Self Reflection

Were you able to identify things around you that cause you stress?

Are you able to identify positive and negative responses to stress?

Do you have the ability to perform any of these activities or management skills to help you throughout your day?