



# Stress Management

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"Life is 10% what happens to you and  
90% how you react to it." -Charles  
Swindoll



## Pre-test

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Please take your pre-test

[bit.ly/bulldogstress](https://bit.ly/bulldogstress)



**Stress is your body's way of responding to an outside circumstance or demand**

Positive Stress:

Graduation

Sports Game, Running the Mile

Negative Stress:

Peer Conflict

Bad Grade

## Negative Stress

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when you feel overly worried or uncomfortable about something

Can make you feel angry, frustrated, scared and tired

## Video

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what do teens get stressed about?



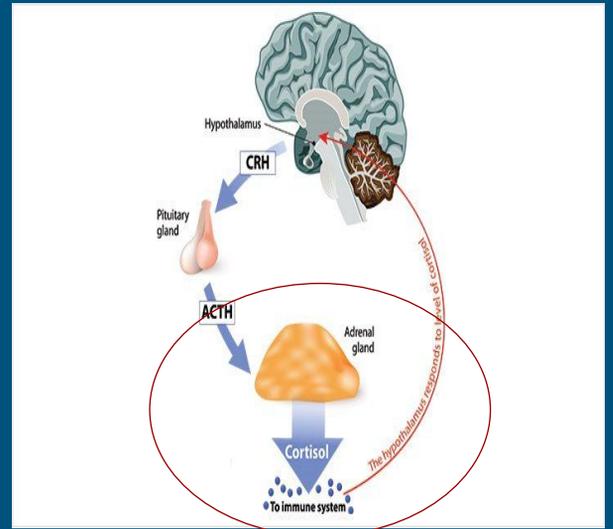
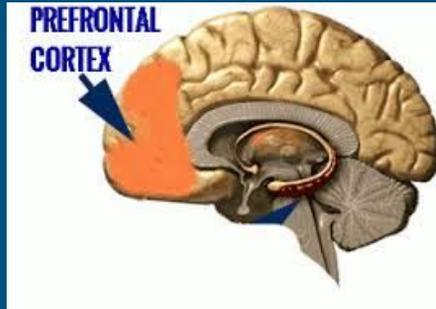
what makes you feel  
stressed??.

Get in circle: count off 1,2,1,2..... Have "1's" turn to the right and "2's" turn to the left.  
Talk for 3 minutes about what stresses them out (Remind them to switch at 1.5 min)  
After 3 minutes turn back towards the circle: go around and share what each pair talked about



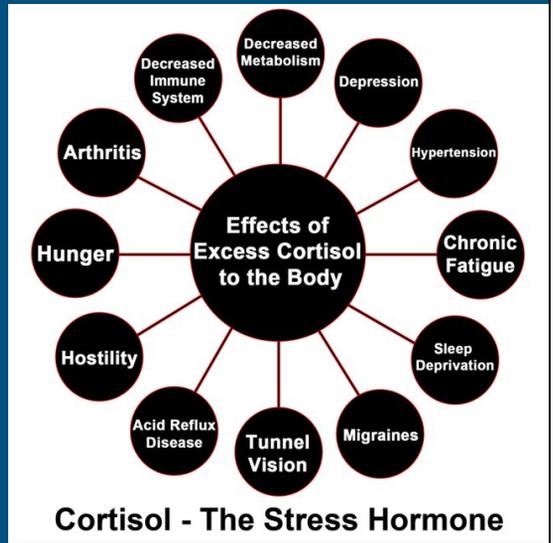
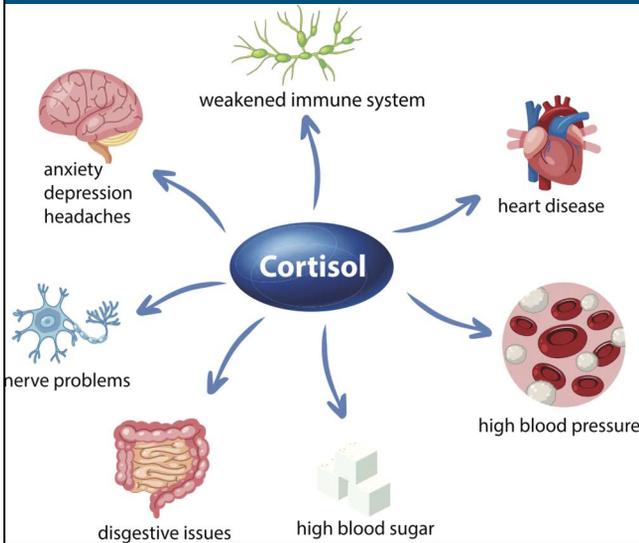
The fight-flight response gets your body ready for battle or escape. This response is believed to have been developed during the time of cave-people and the threats they faced such as wild animals.

# Adolescent Brains & Stress

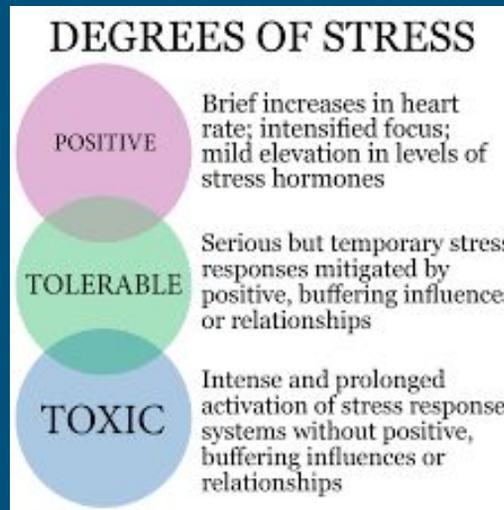


These pictures are showing 2 things: The first is the prefrontal cortex part of the brain, and the second is that stress causes a hormone called cortisol to be released in the body. The prefrontal cortex is the part of the brain that fights cortisol and the stress response. Adolescent brains do not have a fully developed prefrontal cortex so young people may be more sensitive to the stress hormone cortisol and may feel its effects more quickly. Stress may also be experienced for longer periods of time.

# Effects of Stress on the Body



# Degrees of stress



Can someone give an example of positive stress? (Getting ready to present a project- a light stressor that gives you the energy and focus you need to do a good job)

Tolerable stress- having a disagreement with a friend (not pleasant but nothing you can't handle)

Toxic Stress (Having an argument with your best friend EVERY DAY and having no other positive relationships to balance out that negativity)

## STRESS MANAGEMENT SKILLS

- ☐ Relaxation & Mindfulness Techniques
- ☐ Transforming Thoughts
- ☐ Time Management & organization
- ☐ Building Supportive Relationships
- ☐ Healthy Communication
- ☐ Problem Solving Skills

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- ❑ Relaxation & Mindfulness Techniques
  - ❑ Transforming Thoughts

[Video](#)

## REDUCE PHONE/ SOCIAL MEDIA USE



We now know that excessive screen time and especially excessive use of social media actually increases stress and can lead to feelings of depression. Be smart and don't live your whole life on your phone! It will affect you more than you think! Social media tends to build more negative thoughts because you are comparing yourself to others or allowing yourself to be scrutinized to online judges. Don't live in that negative environment.

## ☐ Time Management & Organization

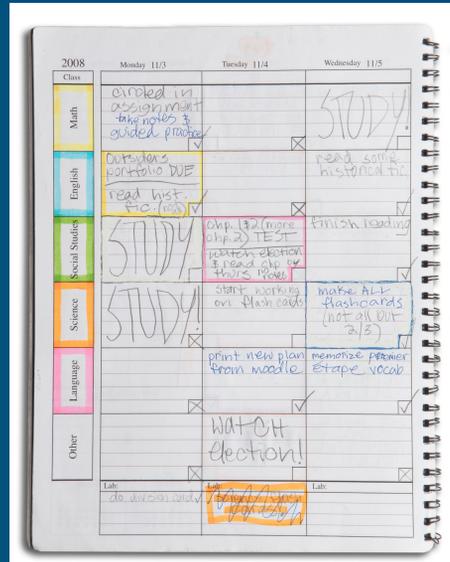


Why do some things stress certain people out, but not others? Some people think that things stress us out when we feel no control over the situation. \* Repeat: you will feel more stressed about something if you feel you have no control over the situation. So when you're stressed, ask yourself "how can I gain more control over this situation?"

Let's use grades as an example.

When we have a daunting task like bringing up our grades or doing a big project it is easy to feel like the guy in the picture: buried with no idea where to start. However there are steps you can take to reduce your anxiety and stress. The key is to take it one step at a time.

# STAY ORGANIZED & USE YOUR PLANNER



Every weekend you should go through your backpack and organize it. If your backpack looks like the one on the left then the clutter alone could be stressing you out and causing you to avoid your backpack all together, which will have a negative impact on your grades.

# SET A SCHEDULE & SET UP YOUR SPACE



	Monday	Tuesday	Wednesday	Thursday	Friday
11:00AM					
11:30AM					
12:00PM					
12:30PM					
1:00PM					
1:30PM					
2:00PM					
2:30PM	Homework Time 2:30PM-3:30PM				
3:00PM					
3:30PM					
4:00PM	Dinner 4:00PM-4:30PM	Dinner 4:00PM-4:30PM	Dinner 4:00PM-4:30PM	Dinner 4:00PM-4:30PM	Dinner 4:00PM-4:30PM
4:30PM					
5:00PM	Soccer Practice 5:00PM-7:00PM				
5:30PM					

Use your planner to set up schedule and stick to it. If you are really busy and only have a small window for homework, then you need to make sure you use that window! When is the best time for you to do homework? Right after school? Before dinner? After chores? Be consistent with your homework time so you build the habit. Before you get started on homework, set up a space for yourself away from clutter (if possible) and stocked with the things you need (pencils, computer, notebook, water, a snack, music, etc.)

# BREAK UP TASKS & FINISH WHAT YOU START



If you have a large assignment or project, break it down into smaller pieces that are easier to manage. If you have a week to work on a project, then set goals for each of the seven days. Let's say you have to write an essay. Maybe the first day you need to draw an outline, then you work on one paragraph a day for the next 5 days. On the last day you put it all together and type up a final draft. That was just a little bit of work each day instead of saving it all until the last minute, which can cause stress. Also, work on your follow-through. If you start an assignment, finish it, or at least finish the section that needs to get done. Do not start something then start a bunch of other assignments and leave everything half done. That will make you feel more out of control and increase your stress level. Try to start one thing, then finish it before starting the next thing.

# REWARD YOURSELF FOR HARD WORK

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Last but not least, reward yourself for your successes. If you study and do well on a test, make sure to tell yourself great job, and feel good about your accomplishment. Another way to use rewards is to allow yourself a reward for doing tough assignments that you don't want to do. For example, "I'm going to spend half an hour on math then I get a break." Or ask your parents to if you can go out to ice cream once you complete a project.

## BUILDING SUPPORTIVE RELATIONSHIPS

How can you strengthen relationships with friends and loved ones?



Having supportive relationships with friends, family and loved ones is a protective factor against stress. How can you strengthen your relationships? (Pass ball around to call on people)

# Building Supportive Relationships

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- ❑ Spending Time Together
- ❑ Being Honest
- ❑ Showing a genuine interest in others
- ❑ Being a good listener
- ❑ Being Supportive
- ❑ offering Help



1. Spending time together
2. Being honest
3. Showing genuine interest in others
4. Being a good listener (have students brainstorm what good listeners do and don't do)
5. Being supportive, rather than pressuring others
6. Offering help

# HEALTHY COMMUNICATION

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Healthy vs. Unhealthy Communication

Practicing healthy ways to communicate can  
reduce stress!

Activity on board with post-its, kids bring up the different communications and place them in the right column:

Direct Eye Contact (when speaking to someone)

Clear, Calm Voice

Relaxed Posture

Trying to Find Compromise

Caring for Others While Also Caring for Yourself

Eye Rolling

Slamming Doors

Gossip/ Spreading Rumors

Ignoring Someone

Getting Revenge

Yelling

# Healthy or Unhealthy Communication?

Direct Eye Contact

Clear, Calm Voice



# Healthy or Unhealthy Communication?



Eye Rolling

Door Slamming



Healthy or Unhealthy Communication?

*Relaxed Posture*

*Trying to Find a Compromise*



# Healthy or Unhealthy Communication?

—  
Ignoring Someone

Gossiping

Getting Revenge

Yelling



# PROBLEM SOLVING

S- Situation

O- Options

D- Disadvantages

A- Advantages

S- Solution



Some people react to things without thinking which can make a problem worse and cause more stress. One way to think carefully about a problem and find the best solution is to use the SODAS method.

Think about the SITUATION: what are the different OPTIONS for dealing with this situation?

What are the DISADVANTAGES and ADVANTAGES of each option.

What is the best SOLUTION.

**\*\*Can try with example problem\*\*\*** Example: My mom says I can't go to the dance and I'm so mad! Or My best friend is hanging out with someone else and I'm really jealous

## Post-Test

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Please take your post-test

[bit.ly/bulldogstress2](https://bit.ly/bulldogstress2)

# MAKE SOME GOALS

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what stress management skill can you focus on this semester to help you reduce stress?



Use handouts to make commitments on what to focus on this semester then get back in the circle and share what kids want to focus on

*Let's play a game.....*

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Kahoot.it

**Kahoot!**