



Manage Stress Effectively: Guided Notes

Stress: Introduction

How often do you...

Feel stressed? Rarely Sometimes Pretty often Almost always

Feel like things are piling up faster than you can keep up? Rarely Sometimes Pretty often Almost always

Feel like you are being pulled in different directions? Rarely Sometimes Pretty often Almost always

Feel burnt out or exhausted? Rarely Sometimes Pretty often Almost always

Worry about stuff in your life? Rarely Sometimes Pretty often Almost always

SWITCH ALERT

Make time for things that made you feel recharged? Almost always Pretty often Sometimes Rarely

Have someone to talk to about what is going on? Almost always Pretty often Sometimes Rarely

Feel able to manage your stress? Almost always Pretty often Sometimes Rarely

When you are feeling stressed, what helps? _____

Stress: What It Is

Stress is your _____ and body's reaction to challenges, problems and _____. Fight or _____ is a reaction to a dangerous situation. A stressor is an event or situation that _____. Cortisol is your body's main stress _____. It helps you stay _____.

Stress: The Good and Bad

Slide. Not all _____ are bad. It's _____ to sometimes feel pushed, challenged, or excited.

Video. Stress is a _____ mechanism. When _____ appears, it can get you out of trouble quickly. This _____ state is only meant to last long enough to get you out of danger.

Slide. What are three characteristics of good stress?

1. _____
2. _____
3. _____

Slide. _____ stress is bad. Chronic stress is when the stress just doesn't go _____.

Video 1. The more your body's stress system is _____, the harder it is to shut off. _____% of all diseases are caused by or complicated by stress. Chronic stress can have physical symptoms such as aches and _____, trouble _____, and _____ pains.

Video 2. In the _____ term stress can be advantageous, but when activated too _____ or too _____ your primitive fight or flight stress response not only changes your _____ but also _____ many organs.

Adrenaline causes your _____ to beat fast and raises your _____ pressure.

Name: _____

Video 3. Stress can increase your gut's sensitivity to _____, making you more likely to feel _____. Cortisol can impact your _____.

Video 4. What matters to your _____ and your entire body is how you respond to that stress. If you view those situations as _____ you can control and master, you will _____ better in the short run and stay _____ in the long run.

Stressors: What Makes You Stress?

What are the four most common stressors listed by teens?

#1 _____ #2 _____

#3 _____ #4 _____

Two other common stressors are: _____

What else stresses you out? _____

Positive stressors are things that _____ you and _____ you up.

Two positive stressors in your life are: _____

One positive stressor for you (but negative for others) is: _____

Stress and stressors become a problem when they are _____ and have a negative effect on your _____ and physical health

Stressed? Who? Me?

List four signs of stress:

- _____
- _____

- _____
- _____

What are some signs that you are stressed out? _____

Stress Management 101

What matters for your _____ and well being is how you _____ to stress.

Video 1. Stress is a _____ reaction and deep _____ helps counteract its effects. Get plenty of _____ out the situations and how you are going to tackle it. _____ to someone. Get down with _____.

List six stress management techniques.

- _____
- _____
- _____
- _____
- _____
- _____

Video 2. _____ can greatly slow your body's response to stress. Another way of reducing stress quickly is by using your _____ important tasks. Take time for _____ activities. Get enough _____.

Video 3. The _____ method is a grounding exercise that can help you stay in the _____ and avoid negative thinking and

Name: _____

worry. Counting down from 5 use your _____ to list things around you. Start by _____ deeply. Find _____ things that you can _____ around you. Then list _____ things that you can _____. Now, listen for _____ things that you can _____. Now, try to find _____ things that you can _____. Finally, list _____ emotion that you _____.
You. What stress management tool works for you? _____

Stress: Give Advice

Lin

What is the stressor? _____

What is a symptom of their stress? _____

What should they do about their stressor? _____

What stress management tool should they try? _____

Diego

What is the stressor? _____

What is a symptom of their stress? _____

What should they do about their stressor? _____

What stress management tool should they try? _____

Dion

What is the stressor? _____

What is a symptom of their stress? _____

What should they do about their stressor? _____

What stress management tool should they try? _____

Rylee

What is the stressor? _____

What is a symptom of their stress? _____

What should they do about their stressor? _____

What stress management tool should they try? _____

Stress Management: Your Turn

Your task is to come up with your own individualized stress management plan. It can be in drawing, a diagram, or any other format of your choice. It needs to include at least THREE of your stressors, at least THREE of your signs of stress, and at least SIX different tools or strategies that help when you are feeling stressed. The final product needs to be neat and visually appealing.

PREVIEW