STRESS
ASCA Standard C: Students will understand safety and survival skills.
PS:C1.10 Learn techniques for managing stress and conflict
PS:C1.11 Learn coping skills for managing life events

Objective: Students will define stress, and identify areas of stress in their lives. Students will
develop coping techniques for managing stress.

Materials: *Mind Over Matter “Stress“ video*

Procedure:

1. Ask the students to define stress. (Accept a variety of answers, with the end result being
   that stress is a normal feeling that we get when we encounter a difficult or uncomfortable
   situation).
2. Ask: How do we manage stress? (Accept a variety of answers)
4. Ask
   a. Do you ever feel stress?
   b. Do you ever feel overwhelmed by school, friends, family, emotions?
   c. What are some ways we can overcome stress?
      1. Relaxation techniques
      2. Deep breathing
      3. Mindfulness
      4. Yoga
      5. Walking
      6. Doing something enjoyable
      7. Talking to a loved one
      8. Sleep well
      9. Go outside

5. Independent Practice: Pick your favorite coping mechanism from this list. Practice it once
   a day every day for one week. Next week, we will discuss how well you were equipped
   to cope with your stress.