

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)
3. Play the WVIA *Mind Over Matter* “Stress” video.
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.