



Temple
University
College of Public Health

How to Manage Stress

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Objectives

By the end of the lesson, participants will be able to:

1. List at least two stress prevention methods.
2. List at least three stress risk factors.

Icebreaker: What object describes you?

1. What object in your house describes you?
2. You will have 30 seconds to go around your house to find the object that best describes you.
3. When you come back you will have 30 seconds to explain to the class why this particular object describes you.

What is Stress?

- Stress is a feeling of **emotional or physical tension**.
- It can come from any event or thought that makes one feel **frustrated, angry, or nervous**.
- Stress is the **body's way of responding** to any kind of demand or threat.

Why is Stress Management Important?

- Stress management is a set of techniques to help people **deal more effectively with stress** in their lives.
- It can help one deal with specific stressors and taking **positive actions** to minimize their effects.
- Without stress management there are **physical and emotional consequences** such as having trouble in school or having emotional management problems.

What are Risk Factors?

- Something that increases the risk of becoming stressed
- For example, smoking is a risk factor for lung cancer and obesity is a risk factor for heart disease

What Causes Stress in Your Life?

You will have 5 minutes in breakout rooms to brainstorm with your group and make a list of things that make you stress.

Risk Factors

- Anxiety
- Having an upcoming test
- Overwhelmed in school
- Responsibilities of being a parent
- Too many classes
- Too many extracurricular activities
- Financial strain
- Finding a babysitter
- Doctors appointments for yourself or your children

How do you Express Stress?

- We all experience and express stress in different ways
- Stress can be expressed with:
 - Sadness
 - Anger
 - Shutting down

Everyone make the face you think expresses how you look when you're stressed.

What face did you make?

Signs and Symptoms

I. Emotional symptoms

- A. Depression or general unhappiness., anxiety and agitation, moodiness, irritability, or anger.

I. Physical symptoms

- A. Aches, pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heart rate, loss of sex drive, frequent colds or flu.



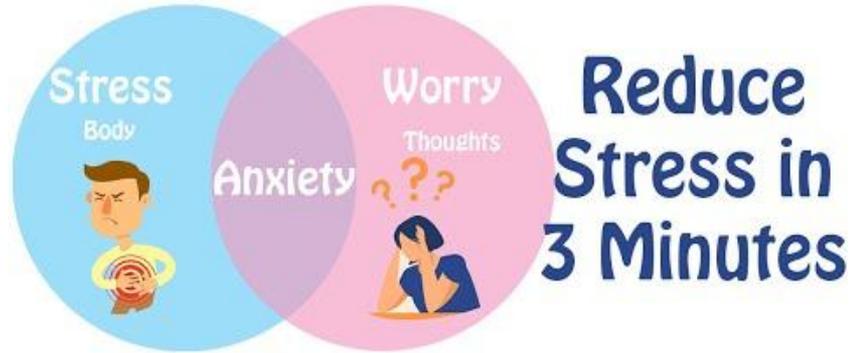
Coping with Stress

- Open the link that was sent in the chat and read the article.
- Then, in the same breakout group rooms as before, brainstorm ways to cope with the stressors you have on the list you made earlier
 - Be prepared to share

Prevention Methods

1. Exercise regularly
2. Eat a healthy diet
3. Reduce caffeine and sugar intake
4. Avoid alcohol and cigarettes
5. Get at least 6-8 hours of sleep

Stress Management Video



1. What were key takeaways from the video?
2. Why is stress management important as a student or as a parent?
3. What is one activity you can do at home to relieve stress?

Stress Management-Reduce Stress with this Short Activity by Emma McAdams.

Tell Us What You Learned

Please fill out the form that will be sent through the chat.

If you have any questions, please unmute and talk, or type them in the chat.

Conclusion

- Stress affects everyone in their own way.
- It can be caused by positive or negative events.
- It is important to learn how to manage stress symptoms to remain in control of your life.
- Questions?
- Resources:
 - <Insert local resources here>

References

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