

Stress Management

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Objectives

1. At the completion of this lesson, at least 75% of students will be able to list 2 stressors according to a worksheet (Why is this Stressful?)
2. At the completion of this lesson, at least 70% of students will be able to list 2 coping mechanisms to stress according to a worksheet (Life of a High School Student)

What is Stress?

Stress is “the body’s response to physical, mental, or emotional pressure” (National Cancer Institute, 2020).

Why is Stress Management Important?

- Creates a positive attitude
- More productive environment
- Minimize health risks related to stress for you
- Minimize health risks related to stress for your baby
- Can help maintain healthy relationships

Lecture Preview

- What are stressors?
- How stress occurs
- Coping mechanisms

Ask students “How many of you feel constantly stressed every single day?” and wait for responses.

What are Stressors?

“Stressors can be conceptualized as internal or external factors that threaten to disrupt an organism’s physical or psychological homeostasis” (Needlman, 2009).

- a. Financial Problems
- b. Physical Problems
- c. Environmental Problems
- d. Emotional Problems

Health Problems from Stress

Short-Term

- Sweating
- Shortness of breath
- Muscle tension
- Spikes in blood pressure
- Fatigue
- Increased heart rate
- Headaches

Long-Term

- Mental disorders such as depression or anxiety
- Diabetes
- High blood pressure
- Heart disease

Activity 1- Why is this Stressful?

Put students in breakout rooms and share document and have students answer questions.

Can You Relate?

Have you felt these stressors at least once in your life?

Stressors?

Write 2 stressors in the chat!

- Could you think of any other reasons why one of those stressors could have been stressful?

Coping Mechanisms

The thoughts and behaviors mobilized to manage the internal and external stressful situations.

Video

How to Relieve and Get Rid of Stress - Relaxation Tips for High School and College- by Practical Psychology

https://www.youtube.com/watch?v=jfHicRd9Eq0&ab_channel=PracticalPsychology

What Do you Think?

Write in the chat which coping mechanism seemed to be the most useful or interesting to you

Activity 2- Life of a High School Student

You will have 7 minutes to fill out the worksheet with your group

What Can Marina Do?

Write 2 coping mechanisms that you learned from the video that can help Marina and say how it will help, in the chat

Self-Reflection

- a. What was the most stressful experience in your life?
- b. What was a way you handled that stressful situation?
- c. If you had to give advice to another student on stress management, what would you tell them?

Share answers in the chat, only if you are comfortable!

Wrapping It Up

To reiterate

1. Stress is “the body’s response to physical, mental, or emotional pressure
2. Stressors can be conceptualized as internal or external factors that threaten to disrupt an organism’s physical or psychological homeostasis
 - Financial, Emotional, Physical, and environmental problems
1. This was important to learn so that you can maintain your health and future children's health and to have a productive environment
2. Coping mechanisms such as exercise and journaling!

Options for Stress Relief

- a. Therapy
- b. Medication

Questions or Comments?

Conclusion Activity

Before we conclude for today, we would like to do some mindful breathing to lessen the pent up stress in our body.

If you want, turn off your cameras if they are on and take some deep breaths

Thank You!

References

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