

### TOPIC

Stress Management

### AUDIENCE

Teenagers

### TIME NEEDED

50 minutes

### HEALTH EDUCATION STANDARDS

- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

### LEARNING OBJECTIVES

1. At the completion of this lesson, at least 75% of participants in the program will be able to list at least two prevention methods of stress on the post-test.
2. At the completion of this lesson, at least 50% of participants in the program will be able to list at least three risk factors of stress on the post-test.

### MATERIALS NEEDED

- WIFI
- Laptop or electronic device (1)
- PowerPoint for lecture (1)
- Appendix A (post-test)
- Google link for form (1)
- Google link for article (1)
- YouTube video (1)

### PREPARATION

Prior to the session, prepare the PowerPoint on the computer, load the YouTube video in another tab, access the link to the Google form to send out via Zoom, and access the link to the article to send out via Zoom. Make sure each student has access to WIFI and that their laptop or electronic device is working.

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## PROCEDURE

### 1.) *Introduction* (Time: 5 minutes)

- a.) **Slide 1:** Introduce yourself and the topic that will be discussed
- b.) **Slide 2: Objectives**
  - i.) By the end of this presentation, you will be able to list at least two prevention methods of stress and at least three risk factors of stress
- c.) **Slide 3:** Icebreaker
  - i.) What object in your house describes you?
  - ii.) Each student will have 30 seconds to find an object around them that best describes them.
  - iii.) Then, each student will have 30 seconds to explain it to the class.
- d.) **Slide 4:** Define stress
  - i.) Stress is a feeling of emotional or physical tension.
  - ii.) It can come from any event or thought that makes one feel frustrated, angry, or nervous.
  - iii.) Stress is the body's way of responding to any kind of demand or threat.
- e.) **Slide 5:** Importance of stress management
  - i.) Stress management is a set of techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive actions to minimize their effects.
  - ii.) Without stress management there are physical and emotional consequences such as having trouble in school or having emotional management problems.

### 2.) *Lecture on Risk Factors* (Time: 5 minutes)

- a.) **Slide 6:** Group brainstorming
  - i.) Define a risk factor
    - (1) Something that increases the risk of susceptibility. For example, smoking is a risk factor for lung cancer and obesity is a risk factor for heart disease.
    - (2) Stressors
      - (a) Have students discuss in groups various things in their lives that cause stress. Instruct them to make a list in their groups and be prepared to share.
      - (b) When everyone is back in the whole group, ask a few students to type in their chat some of the stressors they wrote down in their groups.

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- b.) **Slide 7: Risk factors**
  - i.) 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, balancing school, being a parent, social life, doctor's appointments for yourself or child.
  
- 3.) *Lecture on Signs and Symptoms* (Time: 5 minutes)
  - a.) **Slide 8: Expression of stress**
    - i.) We all express stress in different ways.
    - ii.) Ways stress may be expressed: sadness, anger, or shutting down.
    - iii.) Have each student make a facial expression of what a person who is stressed might look like.
    - iv.) What face did they make?
  - b.) **Slide 8: Signs and symptoms**
    - i.) Emotional symptoms
      - (1) Depression or general unhappiness, anxiety and agitation, moodiness, irritability, or anger.
    - ii.) Physical symptoms
      - (1) Aches, pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heart rate, loss of sex drive, frequent colds or flu.
  
- 4.) *Coping with Stress* (Time: 15 minutes)
  - a.) **Slide 10: Link to the article about coping with stress**
    - i.) Send out the link in the chat: Coping with Stressful Situations <https://kidshealth.org/en/teens/stress-situations.html>
    - ii.) Once the link has been sent out over the Zoom chat, have the students open up the link on their electronic device.
    - iii.) Students will read the article individually for 5 minutes.
      - (1) Then, in the same breakout group rooms as before, ask the students to brainstorm ways to cope with the stressors they have on the list for 5-7 minutes.
    - iv.) Once the students have thought about ways to cope with stress, ask for students to share some of the coping skills they came up with in their groups.
  
- 5.) *Prevention of Stress* (Time: 5 minutes)
  - a.) **Slide 11: Prevention methods**
    - i.) Exercise regularly, eat a healthy diet, reduce caffeine and sugar intake, talk to someone you trust, avoid alcohol and cigarettes, and get at least 6-8 hours of sleep.

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## 6.) *Video and Activity* (Time: 10 minutes)

### a.) **Slide 12:** YouTube Video: 3 Minute Stress Management-Reduce Stress with this Short Activity by Emma McAdam

- i.) Link: <https://www.youtube.com/watch?v=grfXR6FAsI8>
- ii.) Make sure the video is ready before presenting it to the students.
- iii.) Once the video is over, ask each student what the main takeaways from the video were.
- iv.) Next, ask them why it is important to learn about stress as students and parents.
- v.) Finally, have each student come up with one activity that they can do at home to relieve stress.

### b.) **Slide 13:** Post-test activity

- i.) Send out the link to the Google form for students to answer five questions about the video.
- ii.) Link: <https://forms.gle/ihWjDHHctKOLBROT7>
- iii.) Notify students that the form is not graded, and the students will not be penalized for wrong answers.

## 7.) *Conclusion* (Time: 5 minutes)

### a.) **Slide 14:** Wrapping up the lesson

- i.) “Today you have learned that stress affects everyone in their own way and can be caused by anything either by positive or negative events. Learning how to identify the risk factors of stress in your own life, as well as healthy strategies and prevention methods, you can take control of your stressors before they take control of you.”
- ii.) Provide an opportunity for students to ask questions.
  - (1) “Does anyone have any questions or concerns about stress management?”
- iii.) Provide additional resources for further information.
  - (1) “If anyone would like to receive a copy of the information presented, please contact me or privately message me in the chat.”

## 8.) *Further Information*

### a.) **Slide 15:** References

## Evaluation

To ensure that the objectives have been met, the students’ knowledge is assessed using a post-test on Google forms

## Appendix A

*Note: This post assessment should be put into a Google Form for a virtual presentation, so the link can be shared with the students and results will be saved.*

### Post Assessment

Please complete this assessment when instructed to do so during the workshop. Answer the questions to the best of your knowledge.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. List as many stress prevention methods as you can think of:

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2. List as many stress risk factors as you can think of:

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3. List one resource for additional help with stress:

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5. Which of the following is a sign or symptom of stress?

- Depression
- Anxiety
- Chest Pain
- Frequent Cold or Flu
- All of the Above

6. Which of the following is not a stress prevention method?

- Exercise regularly
- Eating a healthy diet
- Drinking alcohol
- Getting 6-8 hours of sleep per night

## Appendix A (ANSWER KEY)

*Note: This post assessment should be put into a Google Form for a virtual presentation, so the link can be shared with the students and results will be saved.*

### Post Assessment

Please complete this assessment when instructed to do so during the workshop. Answer the questions to the best of your knowledge.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. List as many stress prevention methods as you can think of:

**ANSWERS MAY VARY:** exercise regularly, eat a healthy diet, reduce caffeine and sugar, avoid alcohol and cigarettes, and get at least 6-8 hours of sleep.

2. List as many stress risk factors as you can think of:

**ANSWERS MAY VARY:** 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, or doctor's appointments for yourself or child.

3. List one resource for additional help with stress:

**ANSWERS MAY VARY:** any of the listed resources from the presentation

5. Which of the following is a sign or symptom of stress?

- Depression
- Anxiety
- Chest Pain
- Frequent Cold or Flu
- All of the Above**

6. Which of the following is not a stress prevention method?

- Exercise regularly
- Eating a healthy diet
- Drinking alcohol**
- Getting 6-8 hours of sleep per night

## References

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