



Stress Management

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Introduction

- Stress is defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- Everybody has to deal with stress and it benefits to learn about it and how we can make it have less power over us.



Objectives

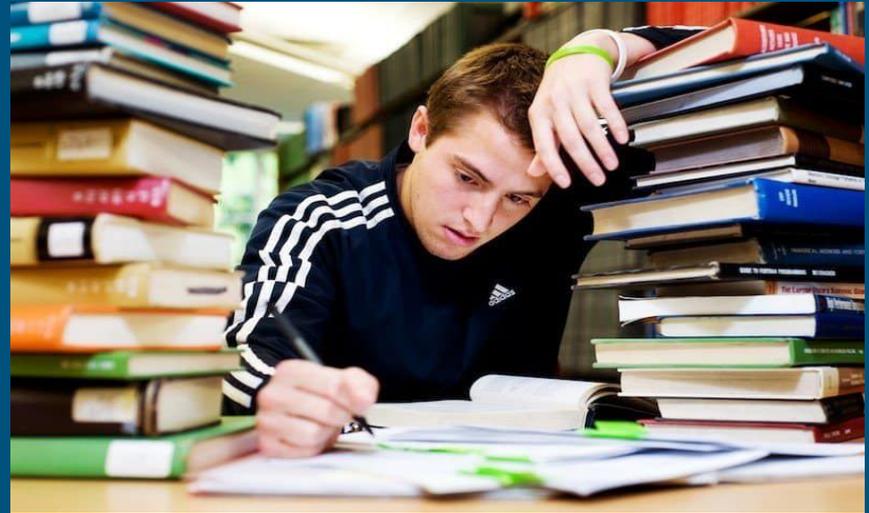
- By the end of this lesson, students will be able to demonstrate one stress management tool.
- By the end of the lesson, students will be able to name at least 1 resource available to students who are feeling stressed.

Think, Pair, Share

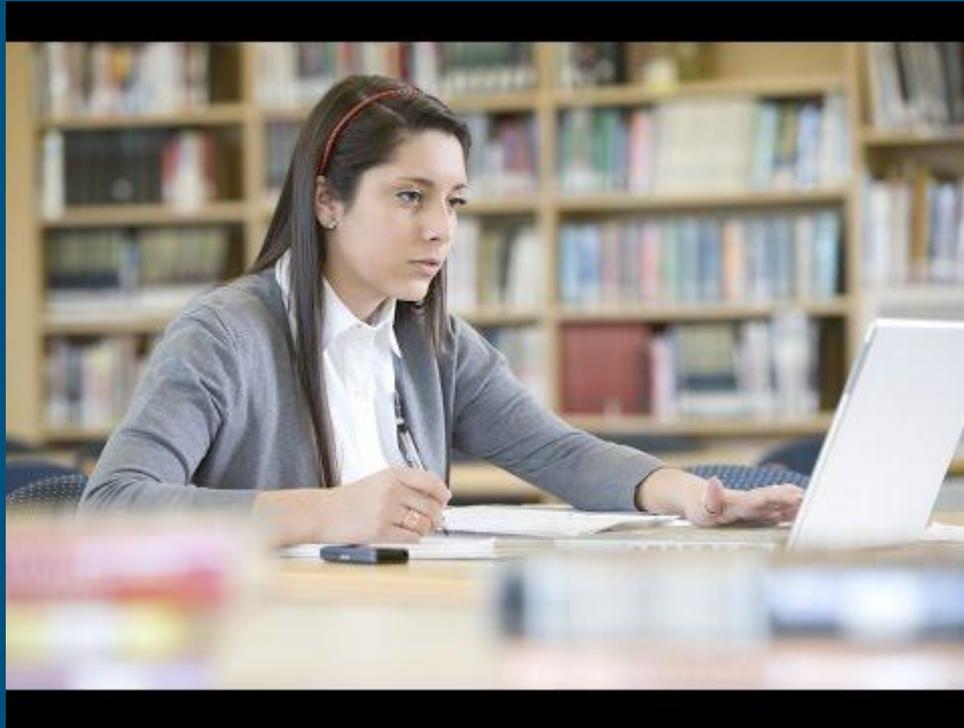


Prevalence

- 34.5% of college students exhibited signs of stress above the normal range
- Overall, the study found a significant amount of the students were experiencing
 - Stress
 - Depression
 - Anxiety



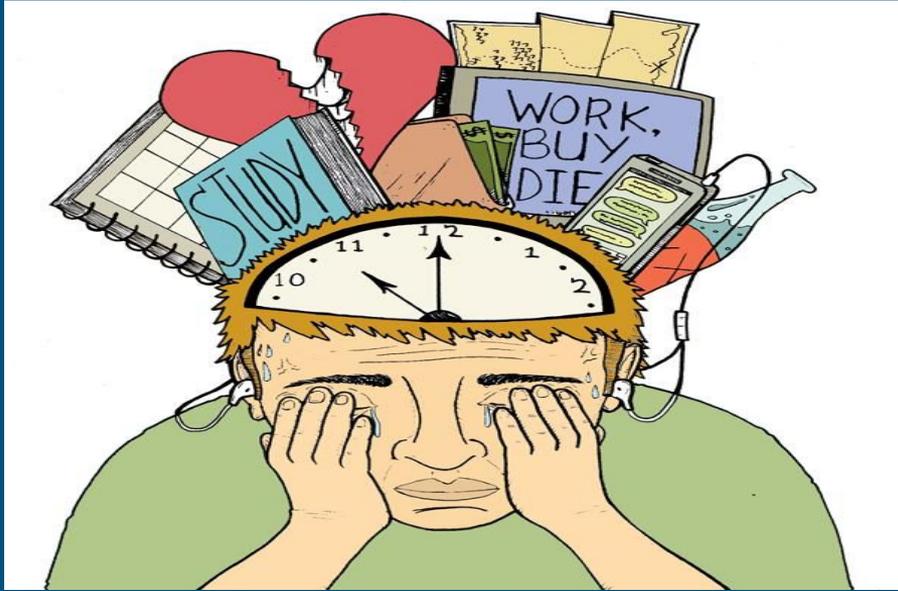
Why are college students stressed?



Let's Discuss!

1. "What is one thing you took away from the video we just watched?"
2. "Why does stress management matter more when you go into college?"
3. "Using what you learned in this video what is one thing you can do to help yourself in college in the future?"

Symptoms



- Increased breathing, sweating, lack of concentration
- Increased heart rate
- Poor academic performance
- Anxiety
- Long term effects of stress are depression and anxiety.



Four Corners Activity



Scenario 1- Job Interview

You have an important job interview coming up and are contemplating different ways to prepare for it so you don't feel stressed.

Corner A - Do mock interviews all week with your friends

Corner B - Watch Youtube videos on interviewing to be prepared

Corner C - Research the company extensively to look prepared and knowledgeable

Corner D - Find someone who works there and ask them about the interviewing process and what worked

Scenario 2 -Cooking an important meal

"It is the night before Thanksgiving and you have single handedly have to make dinner for 15 guests. Which path do you see yourself likely to do:

A) Buy all the dishes at the supermarket and dress it up

B) Stay up all night and cook!!

C) Be honest with your friends and family and ask if they can make a dish each.

D) Cancel dinner

Let's Discuss!

1. "What did you notice within this activity?"
2. "What do you think leads others to choose what they picked?"
3. "Using what you've learned, can you think of another way to avoid a last minute stressful situation?"



Tips to Manage Stress



- Eating healthy/exercising
- Make time to do the activities you love and the ones that help you relax.
- Talk to someone close to you
- Getting professional help

Meditation Video



Let's Discuss!

1. *“What were your thoughts during the video? Did anyone’s mind wander?”*
2. *“Do you feel any different after taking part in the meditation?”*
3. *“Do you think that this tool is something that will help you in the future?”*



Kahoot

<https://create.kahoot.it/share/dealing-with-stress/c366976d-2fb0-437b-bf31-4497dbb09f47>

Resources

- University Health Services
- Licensed mental health professional
- Community centers
- National Suicide Prevention Hotline: 800-273-8255
- Substance Abuse and Mental Health Services

Administration: 800- 662-4357

- Cleveland State University Mental Health Services
After Hours Crisis Counseling 24/7: 216-687-2277



Questions?



Thank you for participating!



References

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