



Stress Management 101



Stress Reduction Kit

Bang Head Here

Directions

1. Place kit on FIRM surface
2. Follow directions in circle of kit
3. Repeat step 2 as necessary, or until unconscious
4. If unconscious, cease stress reduction activity

Spotting the Clues



- Sweaty palms
- Racing heart
- Headache
- Irritable
- depression
- ?

What is stress?

- Physical, mental, or emotional strain or tension

Video

- Write down 10 Facts from the video

- Sometimes we can reduce stress by addressing the problem that is causing us to feel stressed out. This might mean leaving a bad situation or removing a stress factor from our lives. At other times, we have no choice but to learn to live with a stress factor and learn to reduce the stress it causes.



Stress RX

- In your groups, read over your assigned situation.
- Imagine you must give the person involved a prescription for reducing his or her stress.
 - First, decide whether or not the stress factor can be resolved or eliminated completely.
 - If so, explain how.
 - If not, suggest how the person might reduce stress even if he or she cannot change the situation.
 - There are many possible answers



Scenario 1

- Kyle's science teacher seems to single him out and treat him unfairly. Kyle doesn't understand why. Kyle dreads going to science class every day.

Scenario 2

- Cari always stands Sela up when they make plans. For instance, last weekend Cari told Sela she had to cancel their plans because she was sick. Later, Sela saw Cari at the mall with someone else.
- If Sela confronts Cari, she always seems to come up with a good excuse.

Scenario 3

- Tim is being harassed by a group of guys. During basketball practice, they taunt and insult him. The guys are great players, and the coach lets them get away with it. Tim's stress is starting to affect his game.

Scenario 4

- Miguel's friends are stressing him out. They say really gross and insulting things to girls in the hall, including a girl who Miguel likes. They guys are Miguel's only friends, but they are giving him a bad reputation.

Scenario 5

- Lin's mom and dad fight all the time. She has trouble studying or relaxing at home. Sometimes she just wants to run away.

Scenario 6

- The dinner hour is always stressful at the Gomez household. Everyone is hungry by the time Mrs. Gomez gets home from work. She does not like to start cooking the minute she walks in the door. By the time supper is ready, her two children are bickering and angry with each other. They often keep fighting at meals.

Relaxation Lab

1. Imagery
2. Meditation
3. Progressive
Muscular
Relaxation
4. Breathing
Techniques





10 Things that **DO** reduce Stress

1. Eat healthy
2. Get enough sleep
3. Exercise
4. Make a list
5. Don't over commit
6. Talk with friends
6. Have fun
7. Express your feelings
8. Learn your stress cues
9. Find a stress buster that works for you.

5 things that **Don't** reduce stress

- Caffeine
- Alcohol
- Nicotine
- Sugary foods
- Being lazy



Listen to relaxing music



Stress Ball

- Do they really work?
- It's true — this classic **stress**-buster can actually **work**. When we're **stressed** out, our bodies tense up and we physically clench. The **stress ball** prompts you to squeeze and release, which can leave you feeling less tense than you started.



Can you make your own?

- Yes!
- Video