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# WELCOME!

Today we will be learning about what stress is, what it looks like, different types of stress, common causes of stress, and ways to manage stress!

It is important to learn about stress because everyone feels it at some point, and if you do not manage it, it could lead to health problems.



# LEARNING OUTCOMES

1. Define/describe what stress is.
2. Be able to recognize and label physical signs of stress you may notice in yourself, or others.
3. Be able to recognize and label some cognitive signs of stress.
4. Outline the difference between eustress and distress.
5. Relate each type of stress—eustress and distress—to situations or contexts where it might arise.
6. Define common causes of stress, and explain in what situations stress is normal/expected.
7. Ability to distinguish and apply various coping techniques (physical, mental, social) depending on the context.





LET'S GET STARTED!

Learning Outcome: Define/describe what stress is



# DEFINITION OF STRESS

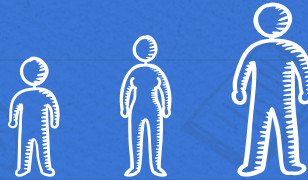
The feeling you get when you are experiencing an event or situation that makes you feel overwhelmed by worry or pressure.



# WHO DOES STRESS AFFECT?

Everyone!

No matter your age, income, race, and more





# STRESS IS DIFFERENT FOR EVERYONE!



Some may feel tired



Some may feel nervous



Some may feel sad

This means everyone experiences stress differently

# TRUE OR FALSE CLASS ACTIVITY

For this activity, answer the following true or false questions.

If your answer is “TRUE,” raise your hand!

1 If your answer is “FALSE,” leave your hand down!





# MODULE 2.

## HOW TO RECOGNIZE STRESS

Learning Outcomes:

1. Be able to recognize and label physical signs of stress you may notice in yourself, or others.
2. Be able to recognize and label some cognitive signs of stress.

# PHYSICAL SIGNS OF STRESS

## Sweating or chills

# Crying

# Bad temper

# Face blushing or Skin rash

## Vomiting/stomach ache

# Muscle stiffness

## Increased heart rate

# Hungry



# COGNITIVE SIGNS OF STRESS

Feeling: afraid, weird, weak, worried, tired, sad,  
embarrassed, and/or mad

Headache

Easily agitated

Unable to think clearly

Thinking about death

Desire to hit someone

# MODULE 3.

## MAJOR TYPES OF STRESS

## Learning Outcomes:

1. Outline the difference between eustress and distress.
2. Relate each type of stress — eustress and distress — to situations or contexts where it might arise.





# DISTRESS

- ✗ A negative state where a person is unable to adapt completely to a stressful situation
- ✗ Negative stress

# EUSTRESS VS. DISTRESS

## HOW IT MAKES YOU FEEL

### EUSTRESS

- ★ Motivated
- ★ Focused
- ★ Energetic
- ★ Excited



### DISTRESS

- ✗ Scared
- ✗ Worried
- ✗ Concerned
- ✗ Unpleasant

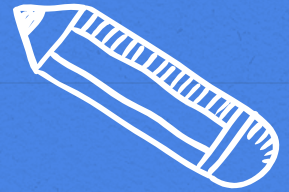






# EUSTRESS VS. DISTRESS

## EXAMPLES



### EUSTRESS

- ✗ Engaging in a challenge
- ✗ Competing in a tournament or playing sports
- ✗ Moving
- ✗ Learning new things

### DISTRESS

- ✗ When you feel you do not have control
- ✗ School work
- ✗ Peers or family conflict
- ✗ The death of a loved one



**EUSTRESS & DISTRESS**

**'STRESS'**

Latin word 'S'





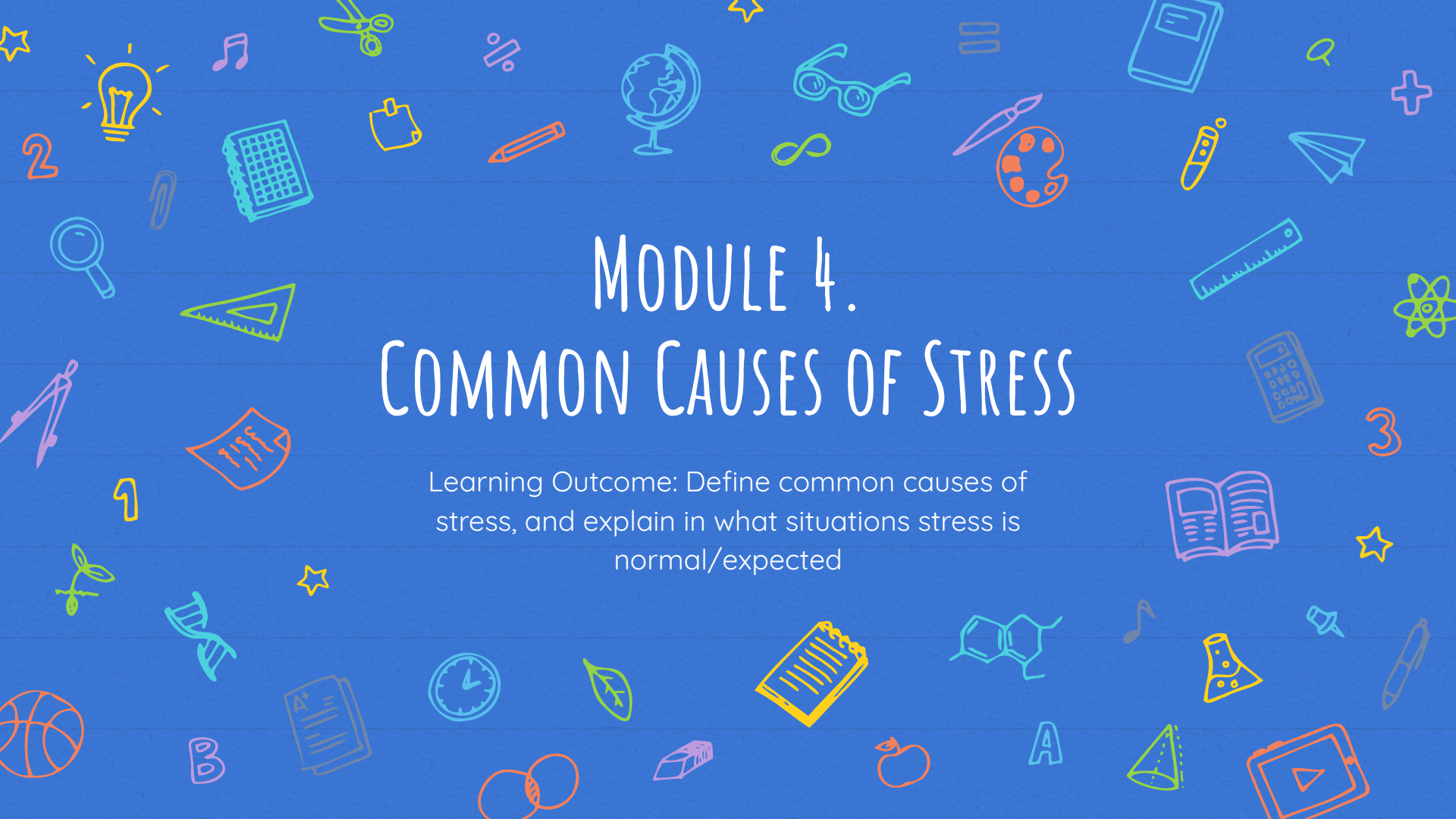
# ACTIVITY - COMPARE AND CONTRAST CHART

After listening to this lesson and watching the video, **compare and contrast eustress vs. distress** in your own words. Use examples.

You will need a paper and a pencil.

Use a T-chart.

A graphic of a white sheet of paper tilted at an angle. At the top center, it says "T-CHART TEMPLATE". A vertical line runs down the center of the page. To the left of this line, near the top, is the word "NAME". To the right of the line, near the top, is the word "DATE". The rest of the page is blank, intended for writing.



# MODULE 4.

## COMMON CAUSES OF STRESS

Learning Outcome: Define common causes of stress, and explain in what situations stress is normal/expected



# COMMON CAUSES OF STRESS

## School Stress:

- Homework
- Tests
- Big presentations
- Gym class



## Home Stress:

- Parents splitting
- Busy/loud house
- Not enough support
- Pressure to do well



## Social Stress:

- ➔ Making friends
- ➔ Being bullied
- ➔ Peer pressure
- ➔ Talking in front of the class



# CLASS DISCUSSION: WHAT CAUSES YOUR STRESS?

We are going to have an open conversation about the things that make us feel stress.

Upon this discussion, we will discuss why these things might make us feel stressed.

Everyone will have a turn.

Be kind and respectful!



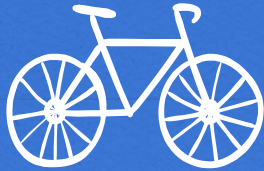
# MODULE 5.

## DIFFERENT WAYS TO MANAGE STRESS

Learning Outcome: Ability to distinguish and apply various coping techniques (physical, mental, social) depending on the context.

# PHYSICALLY

- ★ Healthy Nutrition
- ★ Exercise



# MENTALLY

- ★ Breathing Techniques
- ★ Meditation



# SOCIALLY

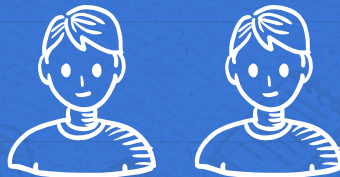
- ★ Talk to a friend
- ★ Talk to an adult





# ACTIVITY: THINK, PAIR, SHARE

Provide an example of how you have managed stress physically, mentally, and socially.



Be kind and respectful!

# THE END!

Thanks for participating :)

Let's test your learning and play Kahoot!