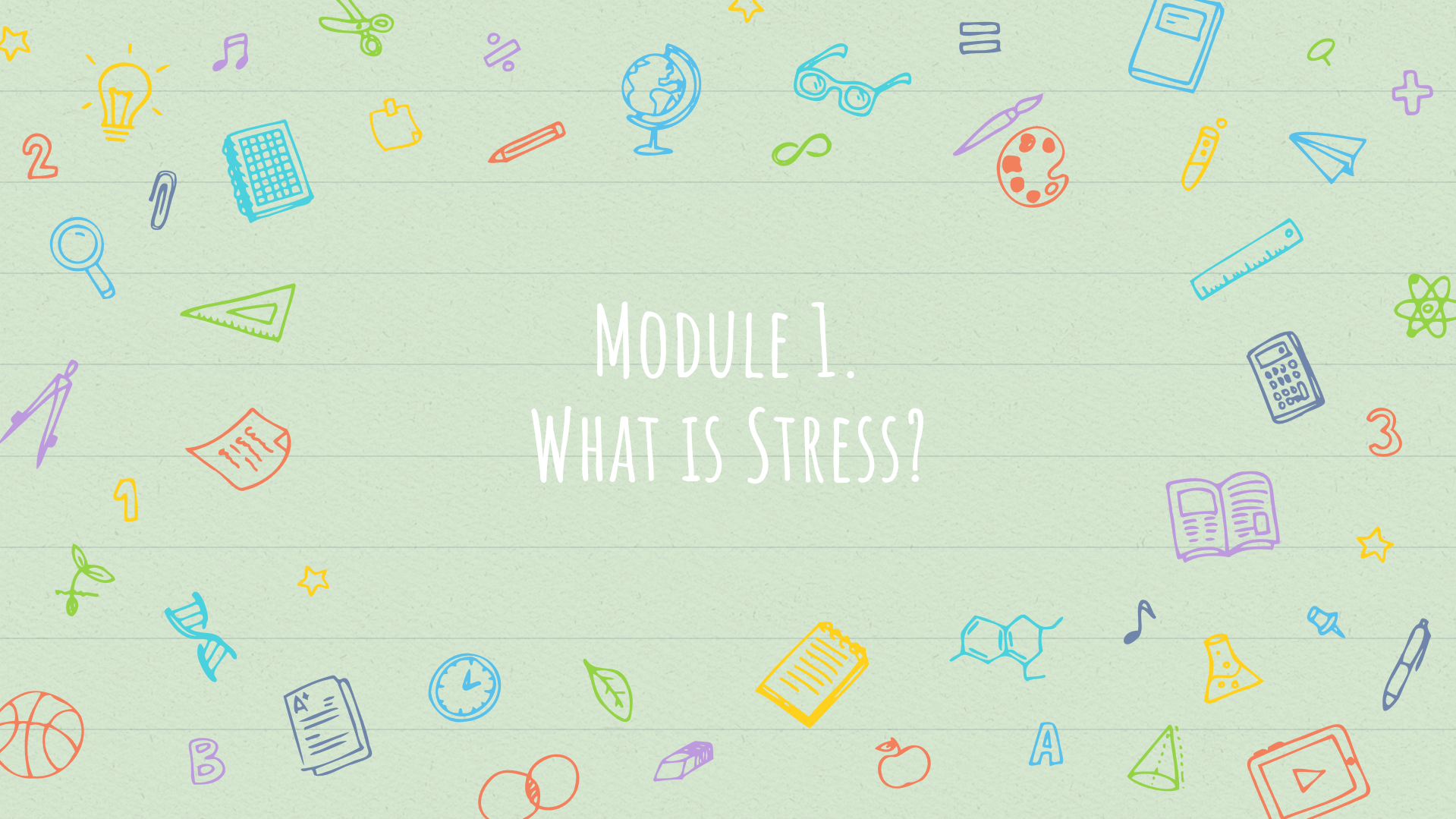


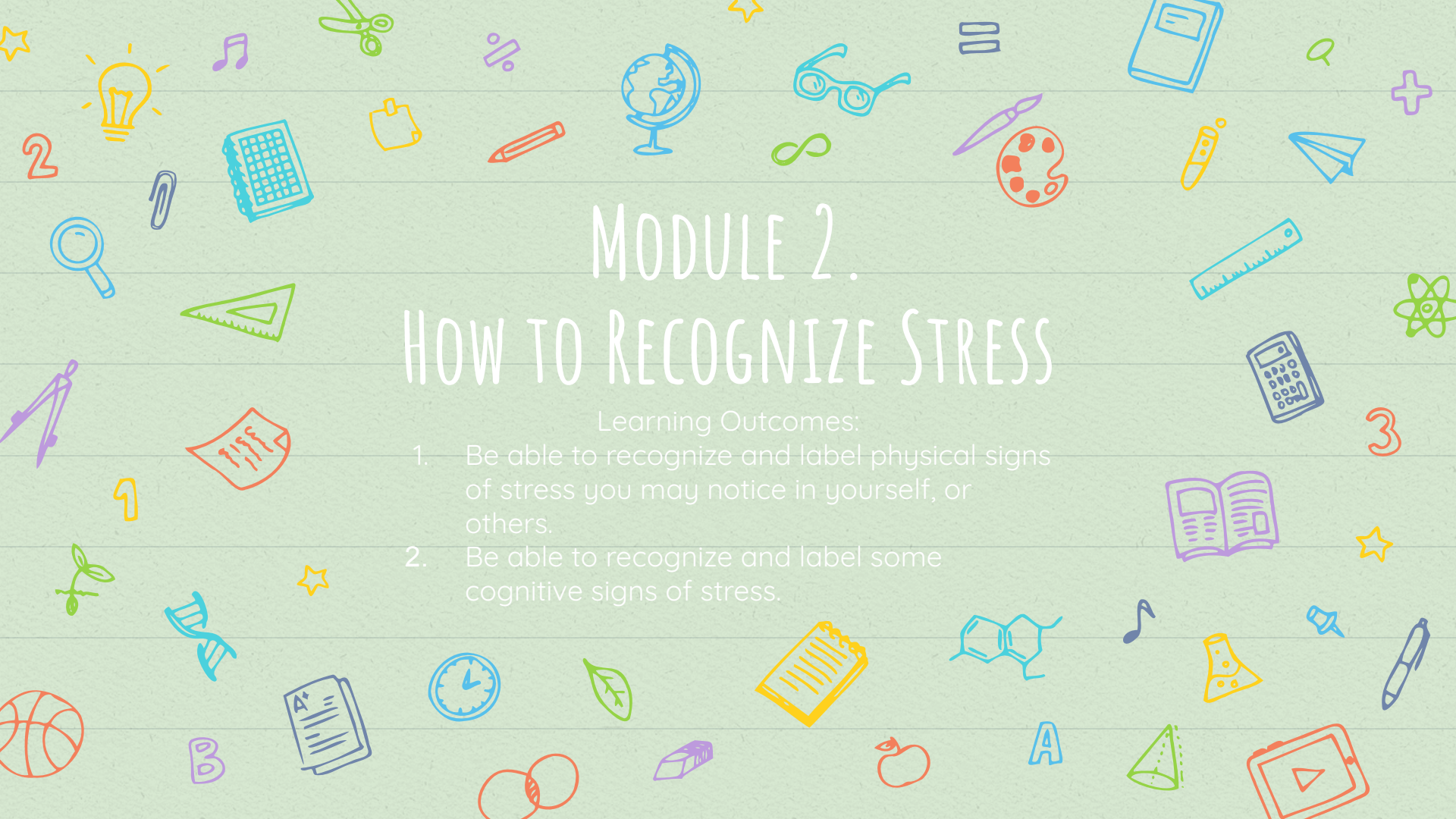


LET'S GET STARTED!



MODULE 1.

WHAT IS STRESS?



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

EUSTRESS

DISTRESS

MODULE 4.

COMMON CAUSES OF STRESS

CLASS DISCUSSION: WHAT CAUSES YOUR STRESS?

Everyone stands in a circle and someone
raises their hand and says
something that has made them stressed.

Then, we go around the circle and 3 people say
why it might have been stressful.

Repeat until we have made it around the circle.

MODULE 5.

DIFFERENT WAYS TO MANAGE STRESS

PHYSICALLY

- ✗ Healthy Nutrition
- ✗ Exercise



MENTALLY

- ✗ Breathing Techniques
- ✗ Meditation



SOCIALLY

- ✗ Talk to a friend
- ✗ Talk to an adult



