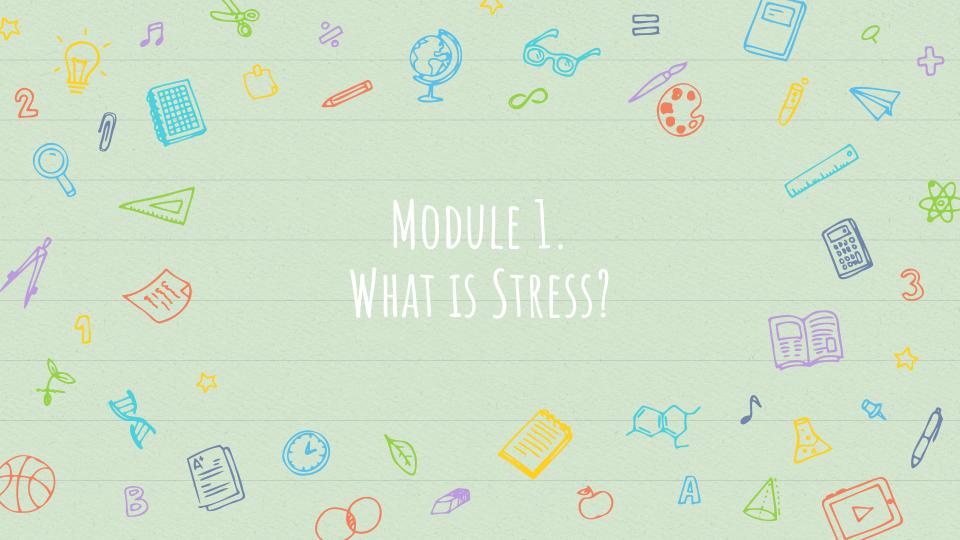
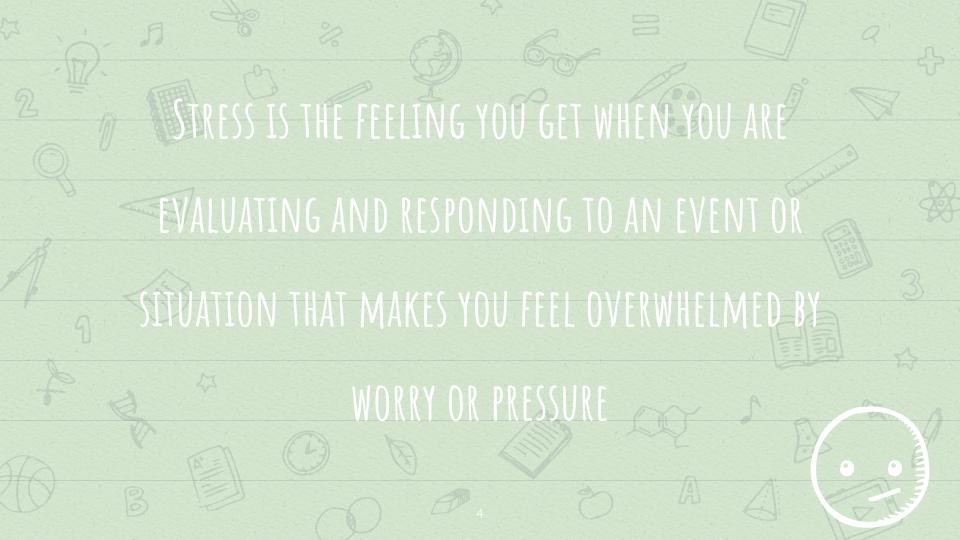
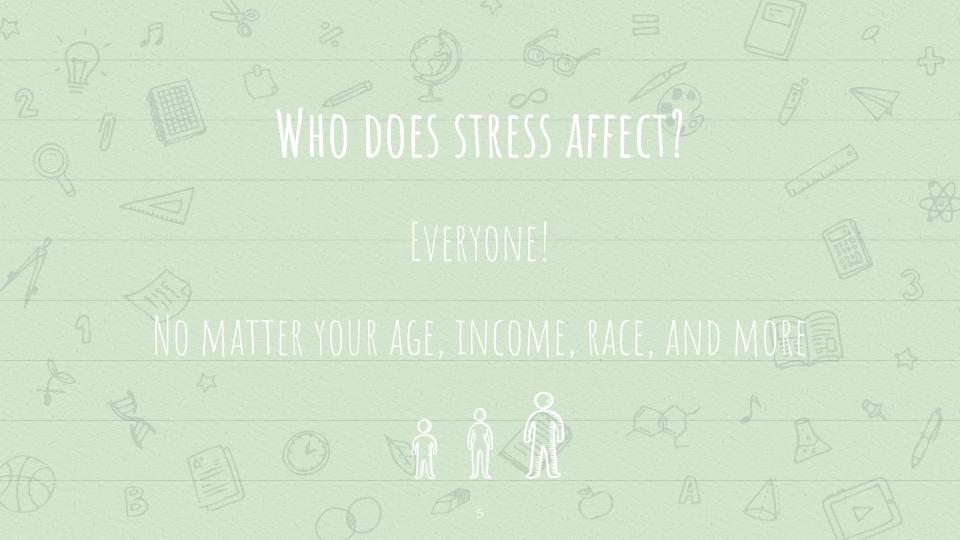




## LET'S GET STARTED!

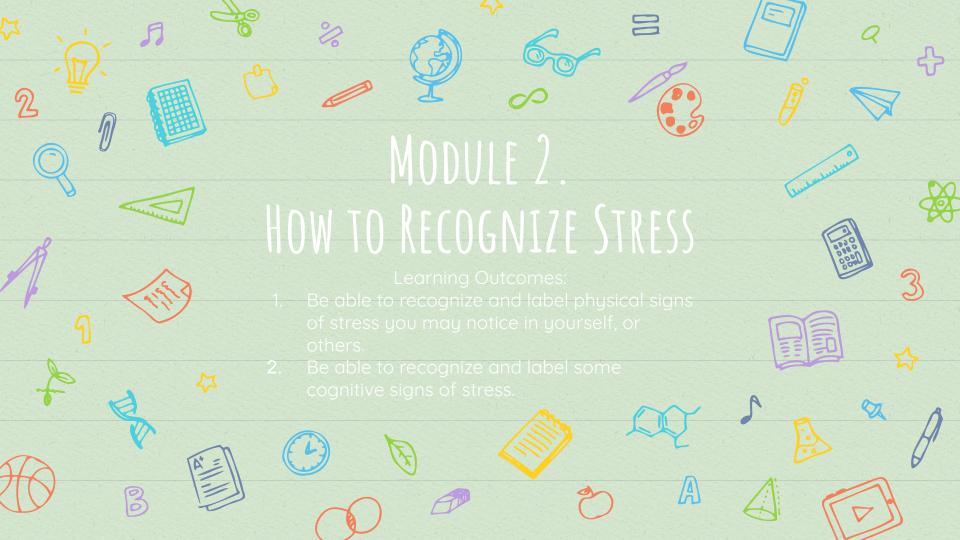












### PHYSICAL SIGNS OF STRESS

Sweating or chills

Crying

Bad temper

Face blushing or Skin rash

Vomiting/stomach ache

Muscle stiffness

Increased heart rate



## COGNITIVE SIGNS OF STRESS

Feeling: afraid, weird, weak, worried, tired, sad,

embarrassed, and/or mad

Headache

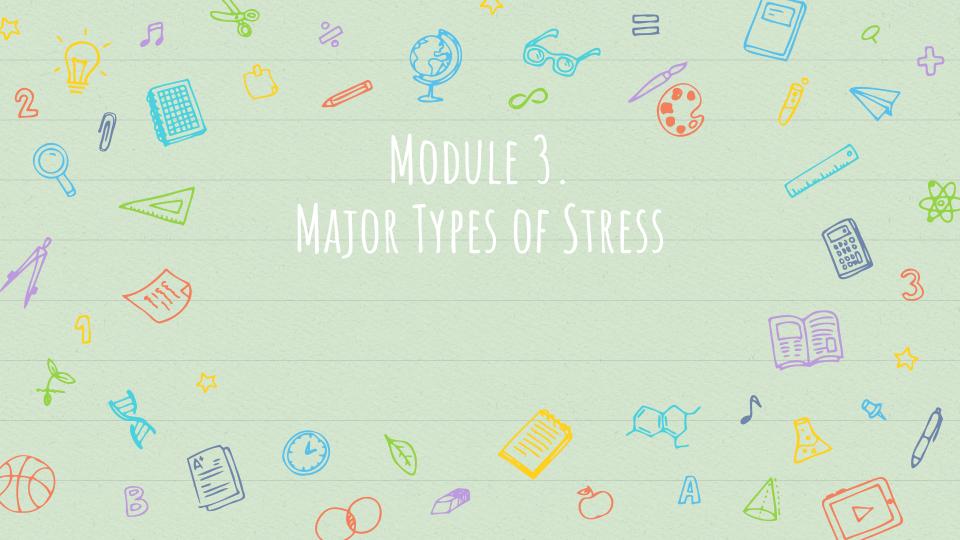
Easily agitatec

Unable to think clearly

Thinking about death

Desire to hit someone







# EUSTRESS VS. DISTRESS DEFINITIONS



#### **EUSTRESS**

- A positive response that one has to something stressful
- Positive stress

#### **DISTRESS**

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



# EUSTRESS VS. DISTRESS HOW IT MAKES YOU FEEL

### **EUSTRESS**

- **X** Motivated
- Focused
- X Energetic
- Excited

#### **DISTRESS**

- × Scare
- Worried
- **X** Concerned
- Unpleasan



# EUSTRESS VS. DISTRESS EXAMPLES



### **EUSTRESS**

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

#### **DISTRESS**

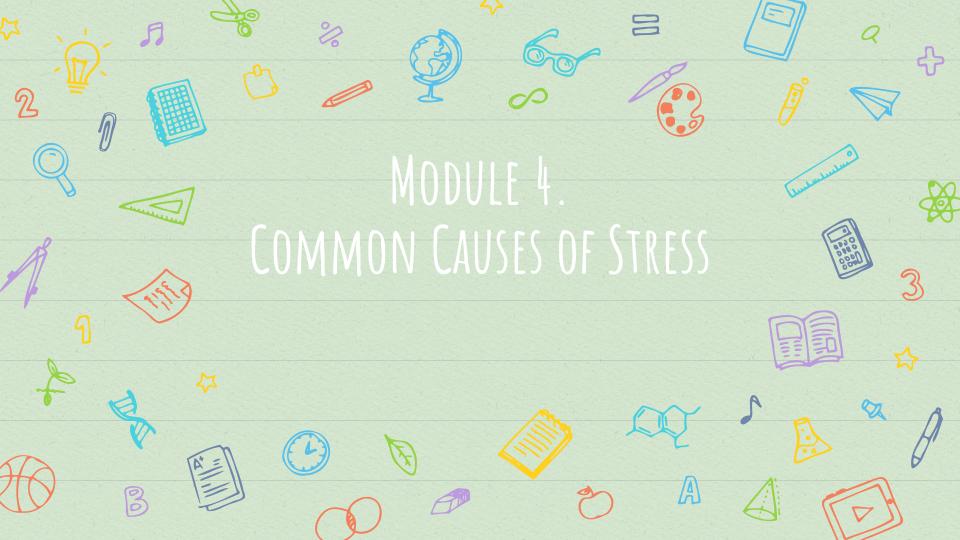
- When you feel you do not have control
- School work
- Peers or family conflic
- X The death of a loved one

## ACTIVITY - COMPARE AND CONTRAST CHART

Write a one-page essay about stress and the different tupes of stress.

You will need a paper and a pencil





## 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





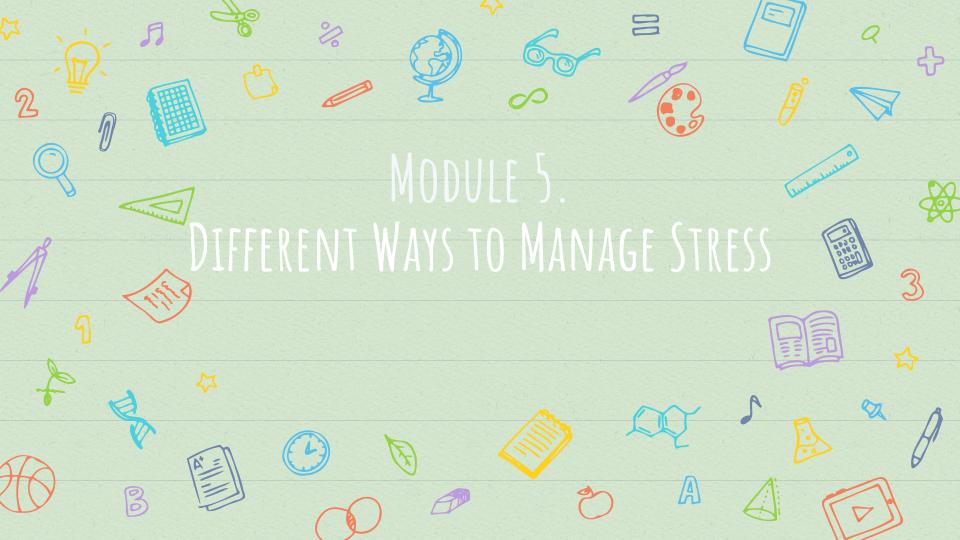






Then, we go around the circle and 3 people say why it might have been stressful.

Repeat until we have made it around the circle



## PHYSICALLY

