**Stress**

Upon completion of this unit:

* I will be able to describe the positive and negative effects of

stress that are part of daily life

* I will be able to explain physiological responses to stress
* I will be able to use appropriate strategies for coping with stress and anxiety
* I will demonstrate leadership by planning and leading an in class exercise for managing stress and anxiety

**Introduction**

Stress is a part of everyday life. In high school, teenagers can find themselves dealing with a great deal of stress. This stress can stem from different places including relationships, peer pressure, school work and uncertainty about future direction. Stress can have negative effects on a person mentally, emotionally and even physically. Many illnesses and diseases can be linked to chronic stress. It is imperative that teens learn appropriate strategies for coping with stress and anxiety that they can use throughout their lives. This unit will allow students to assess the stress in their daily lives, learn about the effects of stress and look at strategies for coping with stress and anxiety.

**Part A-Stress In Your Life**

Complete online surveys to assess the stress in your own life and how well you manage this stress on a daily basis. Complete the 4 online assessments listed below:

1. <http://stress.about.com/od/selfknowledgeselftests/>
2. [What Are Your Stress Symptoms?](http://stress.about.com/library/symptoms/bl_stress_symptom_quiz.htm) (20 question quiz) My score was \_\_\_\_\_\_\_\_
3. [How Resilient Are You? Take The Emotional Resilience Quiz To Find Out!](http://stress.about.com/library/resilience/bl_resilience_quiz.htm)

My score \_\_\_\_\_\_\_\_\_

1. <http://www.cmha.ca/mental_health/whats-your-stress-index/>

What’s Your Stress Index My Score \_\_\_\_\_\_\_\_\_\_\_

1. <http://bemindful.co.uk/mbsr/test/>

Stress Test My Score\_\_\_\_\_\_\_\_

After completing the online questionnaires write a ½ page (minimum) response in the space provided assessing the stress in your life. Consider the following questions:

* What do the online assessments and indicators say about your stress level?
* Do you feel stressed? Have you ever felt stressed?
* If so, when did you remember starting to feel stress in your life?
* How do you currently manage the stress in your life?
* Where does the stress in your life stem from?

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**Part B-Stress Management**

Now that you have an understanding of the effects of stress on your body and your mind think about how you manage stress. The reality is we all face stress and we must know what techniques work best for us. Some people like to exercise, draw, journal, sculpt, bake, do yoga and meditate. There are many things you can do to manage your stress.

Your task is to pick a stress technique that works for you and demonstrate it to the class. Some ideas include:

* Yoga (1-3 poses)
* alternate nostril breathing
* guided imagery
* progressive muscle relaxation
* meditation

You will teach the technique to a small group (4-5) or to the entire class. Your presentation should be 5-10 minutes in length and you must submit a description of your technique on the day that you present. Presentations will take place in January.

Complete the following information and submit to Miss Cain by **December 10th.**

1. Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. The stress management technique I would like to teach is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Provide a brief description of what you are thinking of doing and how you might do this.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The materials I will need are:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. I would prefer to: a) teach a small group b) teach the entire class