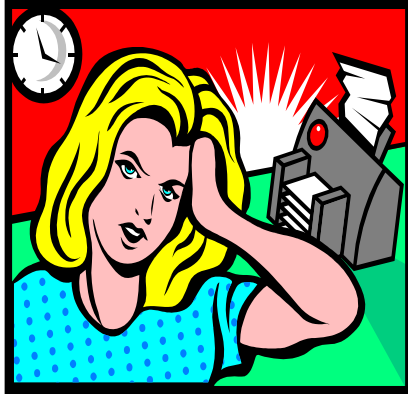


STRESS MANAGEMENT



Time Required: 30-45 minutes

Content Standards: AA.S.9 Students will understand safety and survival skills and apply coping strategies.

Indicators (Students will...): AA.PSD.12.9.02 Learn techniques to manage stress and conflict related to life after high school.

AA.PSD.12.9.04 Learn coping skills and managing life events.

GOAL: Students will review, discuss and identify stress and healthy stress management techniques.

Activity Statements:

1. Students will identify stress and various stressors.
2. Students will select healthful ways to manage stress.
3. Students will define conflict.

Materials:

1. Handout 1 - Personal Stress Management Planning
2. Handout 2 - What Would You Do If...
3. Handout 3 - 12 Ways to Deal with Stress
4. Handout 4 - Conflict Diagram
5. Handout 5 - Conflict Response Styles
6. Handout 6 - Conflict Resolution Skills

Possible use of overhead with several of the handouts.

Procedures:

1. Teacher leads discussion on stress, make sure students understand positive and negative stress.
2. Students fill out Handout 1 Personal Stress Management Planning.
3. In groups students brainstorm Ways to Deal with Stress, follow up with review of Handout 3.
4. Whole group students review and discuss Handout 2 What would you do if...
5. Transition into Teacher led discussion on conflict, defining, what is conflict?
6. Teacher reviews diagram on conflict, Handout 4.

STRESS MANAGEMENT

7. Teacher introduces role play situations for students to decide the best responses (may need to review/explain conflict resolution.) Handouts 5 and 6.
8. Students summarize how they can best handle conflicts to overcome future situations.

Discussion:

This activity is designed to enable you to identify and manage the stressors in your lives. You will learn that unmanaged stress is a risk factor that often results from conflict. Through role-playing situations you will have the opportunity to experience and resolve conflict. (Please note: there is a great deal of stuff here and you may not get through it all and that's good! The idea is to open the floor for discussion, not just fill out worksheets.)

Additional Resources:

Stress management techniques: http://www.mindtools.com/pages/main/newMN_TCS.htm

Understanding Stress:

http://www.helpguide.org/mental/stress_signs.htm

Extension Activities:

Continue working on handouts.
