

# STRESS MANAGEMENT



**Time Required:** 30-45 minutes

**Principles:**

- Students will make decisions, set goals, and take necessary action to achieve goals.

**Objectives (Students will...):**

- Develop coping skills to deal with academic pressure.

**GOAL: Students will explore ways to reduce stress, deal with academic pressure and set personal goals.**

**Activity Statements:** Students will identify common academic stressors and explore ways to reduce stress.

**Materials:**

**Handout 1** – Recognizing the Signs of Stress

**Handout 2** – Ways to Deal with Stress

**Handout 3** – Short-term Stress Relievers

**Procedures:**

**Introduction - What is **STRESS**?**

Everybody experiences stress. It's the body's natural reaction to tension, pressure and change. A certain amount of stress is good because it makes life challenging and less boring, but too much can be bad for you— both physically and mentally. Prolonged stress can lead to accidental injury or serious health problems. For the sake of your health, safety and happiness, it's important to recognize and manage stress before it does you harm.

1. **Distribute Handout 1.** Students will identify the signs of stress that they have experienced.
2. Ask students to share any of the signs that they recognize in themselves.
3. **Distribute Handout 2.** Students will address long-term strategies for reducing stress. Students will share their strategies.
4. Distribute Handout 3. Students will complete the question on the handout.
5. Practice the short-term strategies with the students.

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## Discussion:

1. What are some of the signs of stress you recognized in yourself?
2. Why is it important to set some long-term goals for reducing stress in your life? What are the benefits?
3. How can the short-term strategies help you improve your school work?
4. Do you think girls or boys experience more academic stress? If so, give examples.

## Additional Resources:

[http://www.associatedcontent.com/article/415946/time\\_management\\_tips\\_for\\_teens.html?cat=7](http://www.associatedcontent.com/article/415946/time_management_tips_for_teens.html?cat=7) – Time management tips that will help reduce stress

**Extension Activities:** Students should be encouraged to discuss the academic stresses of school with their parents. Both the student and the parent should understand these stressors and explore ways to address them. Students will keep a log of all activities for one week, noting anything that is especially stressful, eliminate time wasters, and see if they can trade-off things that may be stressful to one, but less stressful to another.

## Activity:

Have students read and discuss the article “[Relax! Learn Stress Management](#)”.

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