

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Vocabulary

- **Stress** (n.) an emotional and/or physical response to something external, such as an upcoming test, or a fight with a friend
- **Anxiety** (n.) persistent, excess worry that feels out of your control

### Warm-Up

Imagine you're stepping in front of the class to give a presentation.

What's happening to your:

1. Emotions: \_\_\_\_\_
2. Thoughts: \_\_\_\_\_
3. Body: \_\_\_\_\_

### Activity

#### Instructions

1. Write how these situations might affect your emotions, thoughts, and body in each of the appropriate columns.
2. With a partner, compare your responses.
3. Circle the stressors in the table that cause you the most stress.

Situation	Emotions	Thoughts	Body
A big test			
Starting high school			



## Activity (cont.)

Situation	Emotions	Thoughts	Body
Having a conflict with a good friend			
A family member being ill			

## Wrap-Up

How do you know when you're stressed? What clues do you get from your emotions, thoughts, and body?

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# Where Does Stress Come From?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Vocabulary

**Stressor** (n.) something that causes stress

## Warm-Up

**Instructions:** With a partner, take turns asking each other which thing you'd rather do in the list below. Put a check mark next to your choices.

Would you rather . . .

Take a math test **OR** write a 1000-word essay?

Give a speech in front of 500 people **OR** talk with a classmate you don't know that well?

Play in the final game for the championship **OR** learn to play a new sport?

Come to school with a bad haircut **OR** go to a party where you don't know anyone?

## Activity

1. With a partner, list common stressors for each category.

School	Home	Social	World
<i>Homework</i>	<i>Family illness</i>	<i>Mean posts</i>	<i>Climate change</i>



## Activity (cont.)

2. Write a “C” next to the stressors you listed in the table that you can control and an “NC” next to the stressors you listed that you can’t control.
3. Circle the stressors you wrote that cause you the most stress.

## Wrap-Up

1. What’s one stressor in your life that you would like to work on managing?

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2. What’s in your control about this stressor?

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3. What’s out of your control about this stressor?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Vocabulary

- **Distress** (n.) a negative, threatening form of stress
- **Eustress** (n.) a positive, challenging form of stress
- **Reframe** (v.) to look at a situation from a different point of view

## Activity 1

**Instructions:** Work with a partner to sort these reactions into the two types of stress. Put a check mark next to the form of stress that best matches each reaction.

Reaction	Form of Stress	
Improves focus	<b>Distress</b>	<b>Eustress</b>
Positively motivating	<b>Distress</b>	<b>Eustress</b>
Causes concern	<b>Distress</b>	<b>Eustress</b>
Feels exciting	<b>Distress</b>	<b>Eustress</b>
Decreases performance	<b>Distress</b>	<b>Eustress</b>



## Activity 2

**Instructions:** Work with a partner to reframe these stressful situations.

Situation	What are some helpful thoughts you can have in this situation?	How can you reframe this situation into a challenge or an opportunity for growth?
<b>Scenario 1:</b> You have to walk across the stage at graduation in front of the entire school. You feel terrified.		
<b>Scenario 2:</b> Your aunt is sick and has asked you to babysit your three younger cousins for a few hours. They are very active and don't always listen. You feel overwhelmed.		
<b>Scenario 3:</b> You've just been told that your family is moving, and you'll have to go to a new school. You feel upset.		

## Wrap-Up

Describe a stressful situation in your own life, or in a character's life from a movie, book, or TV series, that you could reframe into a challenge or an opportunity for growth.

1. What's the situation?

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2. How could it be reframed into a challenge or an opportunity for growth instead?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

What are some things you're doing now to handle stress in your life? List your responses in the "Strategies" column of the chart below.

## Wrap-Up

### Instructions

1. Add a check mark next to the strategies you want to practice and use
2. Write a brief note about when and where you could use them

### My Stress Management Strategies

Strategies	When and where I could use it
<i>Slow Breathing</i>	
<i>Reframing the Situation</i>	
<i>Positive Self-Talk</i>	
<i>Progressive Muscle Relaxation</i>	
<i>Other:</i>	
<i>Other:</i>	

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

What are some signs that someone is having difficulty managing their stress?

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## Activity

**Unhelpful Strategy: What might happen next**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Helpful Strategy: What might happen next**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### Wrap-Up

- 1. Name someone you've reached out to for support in the past. Why did you pick this person and how did they help you?

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- 2. Name two different people you can go to for help if you're struggling with stress. Describe how you'll contact these people, so you have a plan.

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# Performance Task: My Stress-Management Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Vocabulary

- **Distress** (n.) a negative, threatening form of stress
- **Eustress** (n.) a positive, challenging form of stress

## Warm-Up

1. What are four things causing you stress right now? List one for each category below.

School: \_\_\_\_\_

Home: \_\_\_\_\_

Social Life: \_\_\_\_\_

World: \_\_\_\_\_

2. Which of these is your biggest stress? Put a check mark next to it.

## Activity

**Instructions:** Answer the following questions to create your stress-management plan. You can use the handouts from Lessons 14-18 to help you complete your plan.

1. My biggest stress right now (copy the answer marked in the Warm-Up above):

\_\_\_\_\_

2. What are the physical, mental, and emotional signs that you're experiencing stress?

Physical: \_\_\_\_\_

Mental: \_\_\_\_\_

Emotional: \_\_\_\_\_



# Performance Task: My Stress-Management Plan

## Activity (cont.)

3. How can you turn this distress into eustress? Describe how you can reframe your situation. How can you grow from it?

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4. What stress-management strategies will be most helpful to you?

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5. Name two people you can go to for support. How will you contact them?

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