

March: WEEK FOUR



STRESS MANAGEMENT

THE AGENDA:

Discussion: Define stress. What causes stress? What are different ways people cope with stress? Which of these are healthy and which are unhealthy? Make a list of things that are causing you stress these days. How do you cope with stress? Are these healthy ways? Are you good in high pressure situations or do you “freak out”?

- ◇ ‘Coping Styles’ Worksheet



- ◇ Surprise! You know what day today is! It’s both of your Unbirthdays! Make and decorate cupcakes, create greeting cards, wear party hats and sing each other “Happy Unbirthday!” Have fun confusing people!

COPING STYLES:

Check off the coping styles you usually use to deal with stress or problems. Then decide whether or not these are **healthy** or **unhealthy** coping styles.

When I am stressed I...

- Exercise
- Use alcohol or drugs
- Take a bubble bath
- Pretend the incident never happened
- Listen to music
- Manage my time well between work and play
- Yell at people
- Practice relaxation techniques like meditation or breathing exercises.
- Procrastinate and put off the things that are due
- Go for a walk

STRESS MANAGEMENT TIPS:

Exercise can reduce anxiety by 50%.

Good Nutrition makes us better able to handle stress.

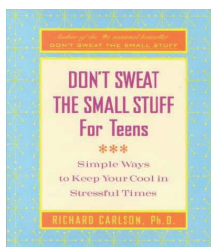
If you have multiple stressors (deadlines, assignments due) you must prioritize your time.

Acknowledge your thoughts and feelings about your stress.

Have a support network of friends and family to go to when you are stressed.

Practice good self care – take a bath, go for a walk, read a book.

Recommended Reading:



Don't Sweat the Small Stuff for Teens. Richard Carlson.
New York: Hyperion, 2000.