



Stress Management



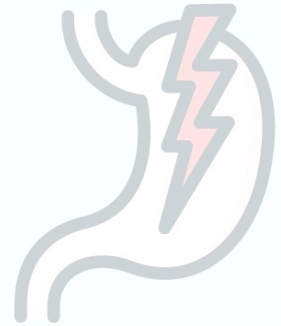
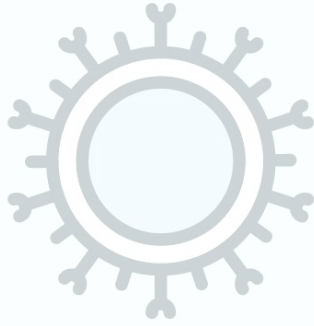


87%

Teenage students reported feeling Overwhelmed by all they had to do at least once in the previous year.

Source-American college health association

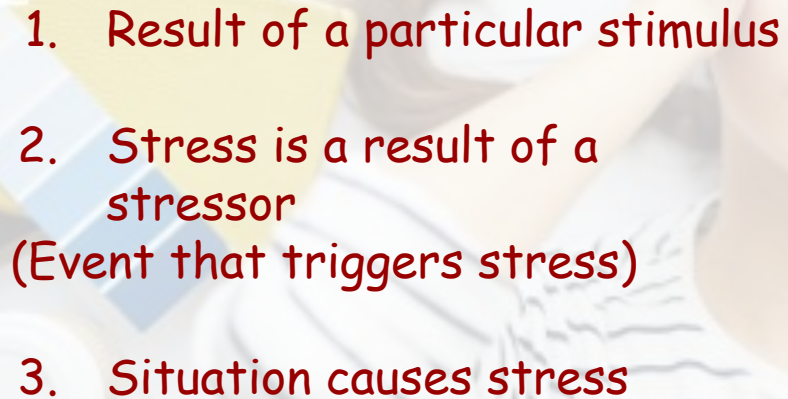
What is Stress

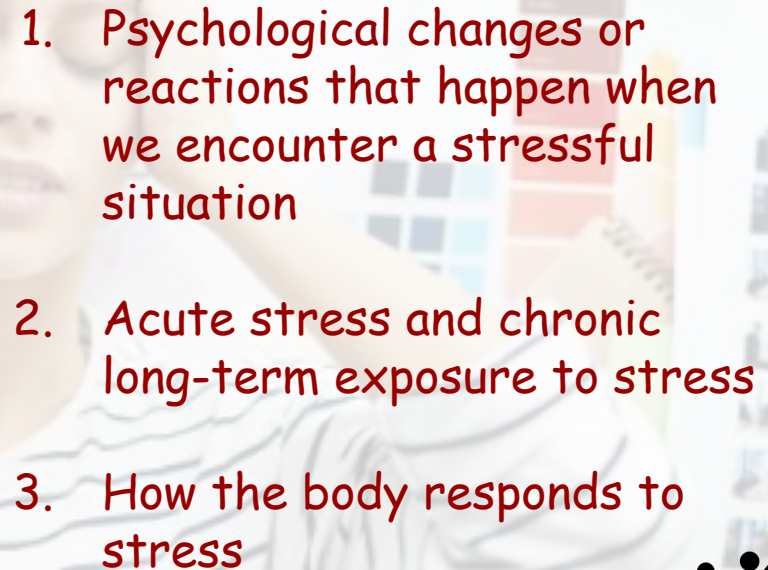


Your body's reaction to a challenge or demand that can be an outcome of **emotional or physical tension.**



Stress as Stimulus and Stress as a Response

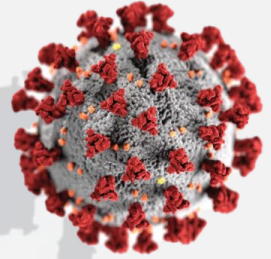
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1. Result of a particular stimulus
 2. Stress is a result of a stressor
(Event that triggers stress)
 3. Situation causes stress

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1. Psychological changes or reactions that happen when we encounter a stressful situation
 2. Acute stress and chronic long-term exposure to stress
 3. How the body responds to stress

Different types of *Stress*



What is causing stress now?



- Concerned about family members health
- Concerned about the future of education and the current pattern of education
- Thinking about the change in professional stability and career options available.
- Keeping pace with technology
- Worrying on body image
- Misidentification of self
- Acceptance in the Peer group
- No recreation
- Meeting friends only on phones
- Not having control over current situations
- Worry on mild health issues
- No effective learning happening

There could be many more.....

Do you know the signs of stress?



Agitation



Hopelessness



Self-neglect



**Personality
Change**



Withdrawal

When they are stressed, many people ...

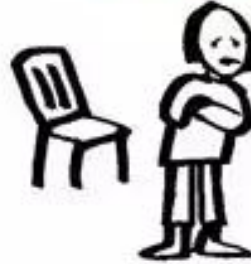
...cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



...feel sad or guilty



...worry



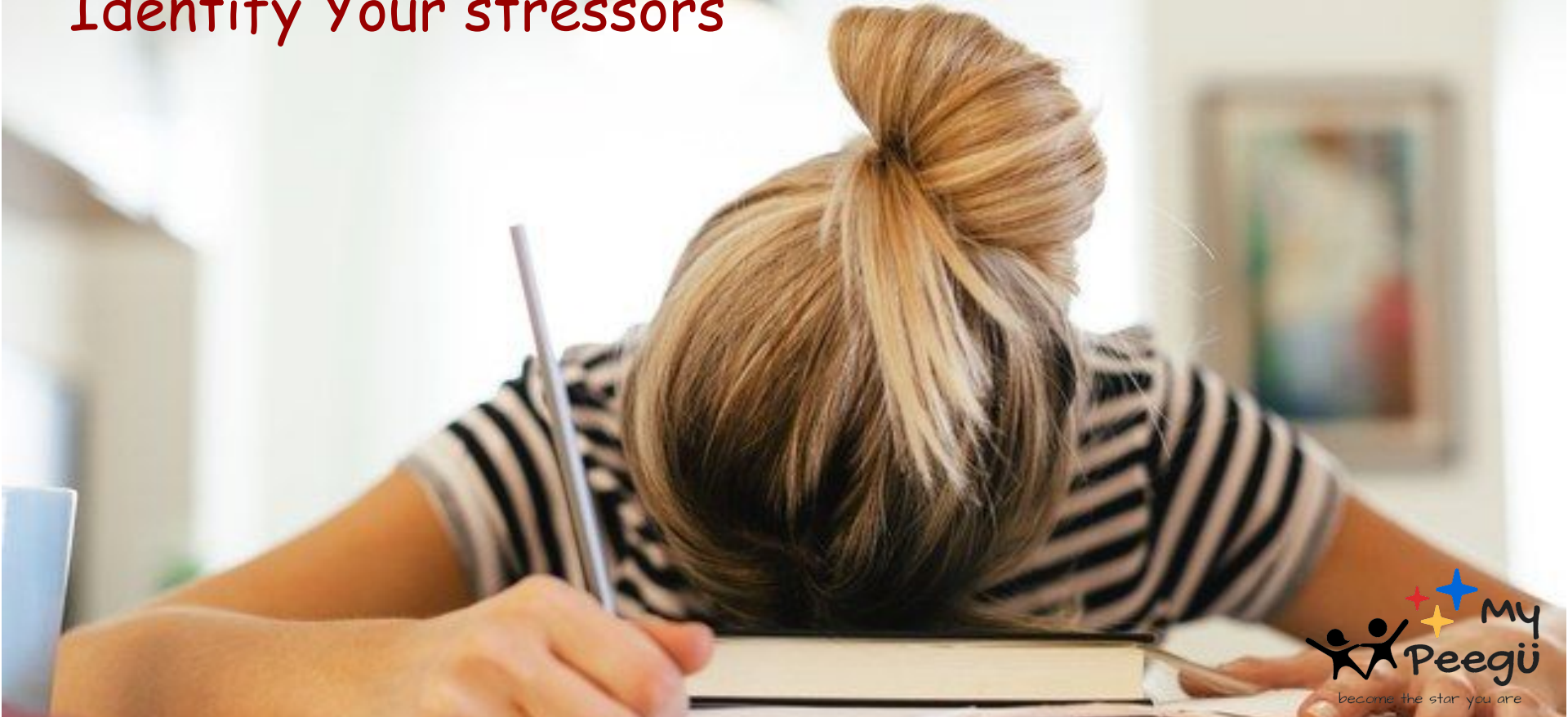
...cry



...feel very tired

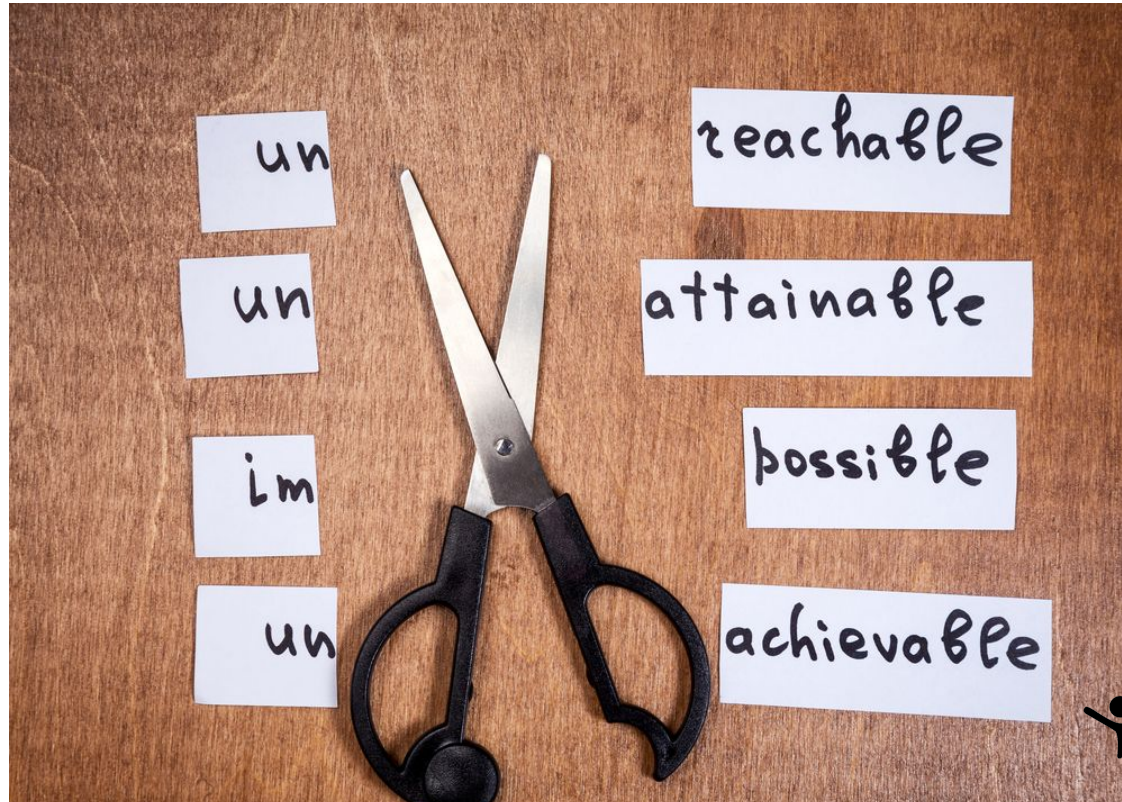


Identify Your stressors



5 Ways to fight stress

1. Reframe stress



2. Shift from a fixed mindset to growth mindset

GROWTH MINDSET

Is Freedom

Persevere in the face of failures

Effort is required to build new skills

Find inspiration in others success

Embrace challenges

Accept criticism

Desire to learn

Build abilities

FIXED MINDSET

Is Limiting

Avoid challenges Give up easily

Threatened by others success

Desire to look smart

Effort is fruitless

Ignore feedback

Fixed abilities



become the star you are

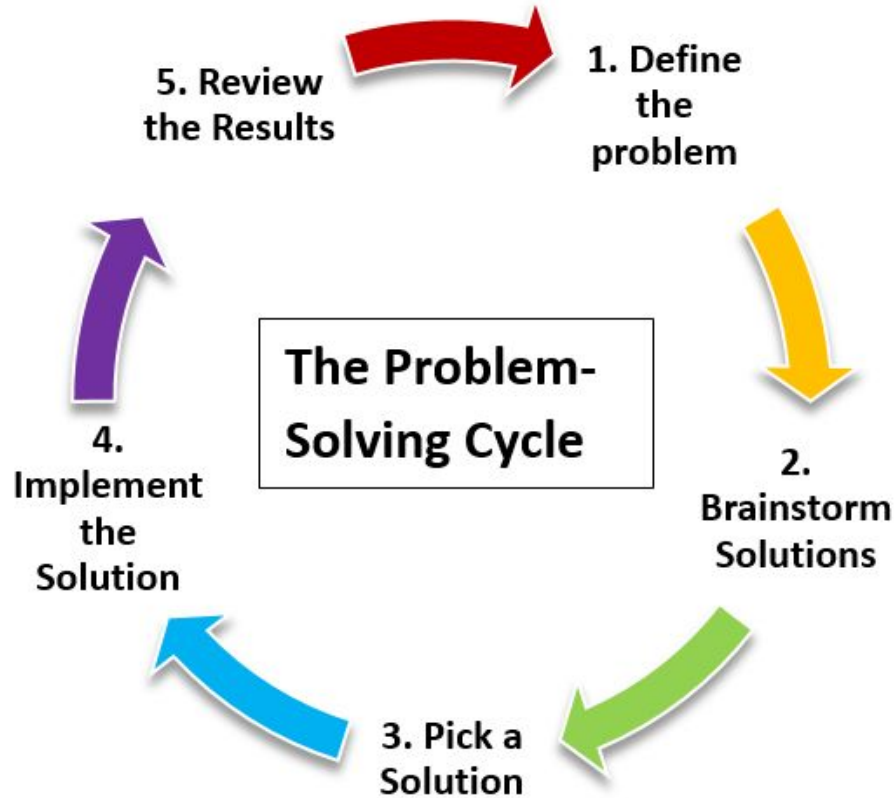
3. Stop catastrophic thinking



- 1 Igniting event
Something that **MUST** or **MUST NOT** happen
- 2 Judgement
About the Igniting Event
- 3 Thoughts & Beliefs
Based on Judgement of the Igniting Event
- 4 Response
Emotional, Physiological, & Behavioral
- 5 Reinforce
Attention, Focus, Self-talk & Language
- 6 Cycle into Despair
Unless stopped this cycle continues with new escalated thoughts & beliefs, responses, and reinforcement.



4. Practice problem solving



5. Try Stress management techniques

EXERCISE

**WRITE IT
DOWN**

**TALK TO
YOUR
FRIENDS**

**LOWER
YOUR
EXPECTATIONS**

**GET
ORGANIZED**

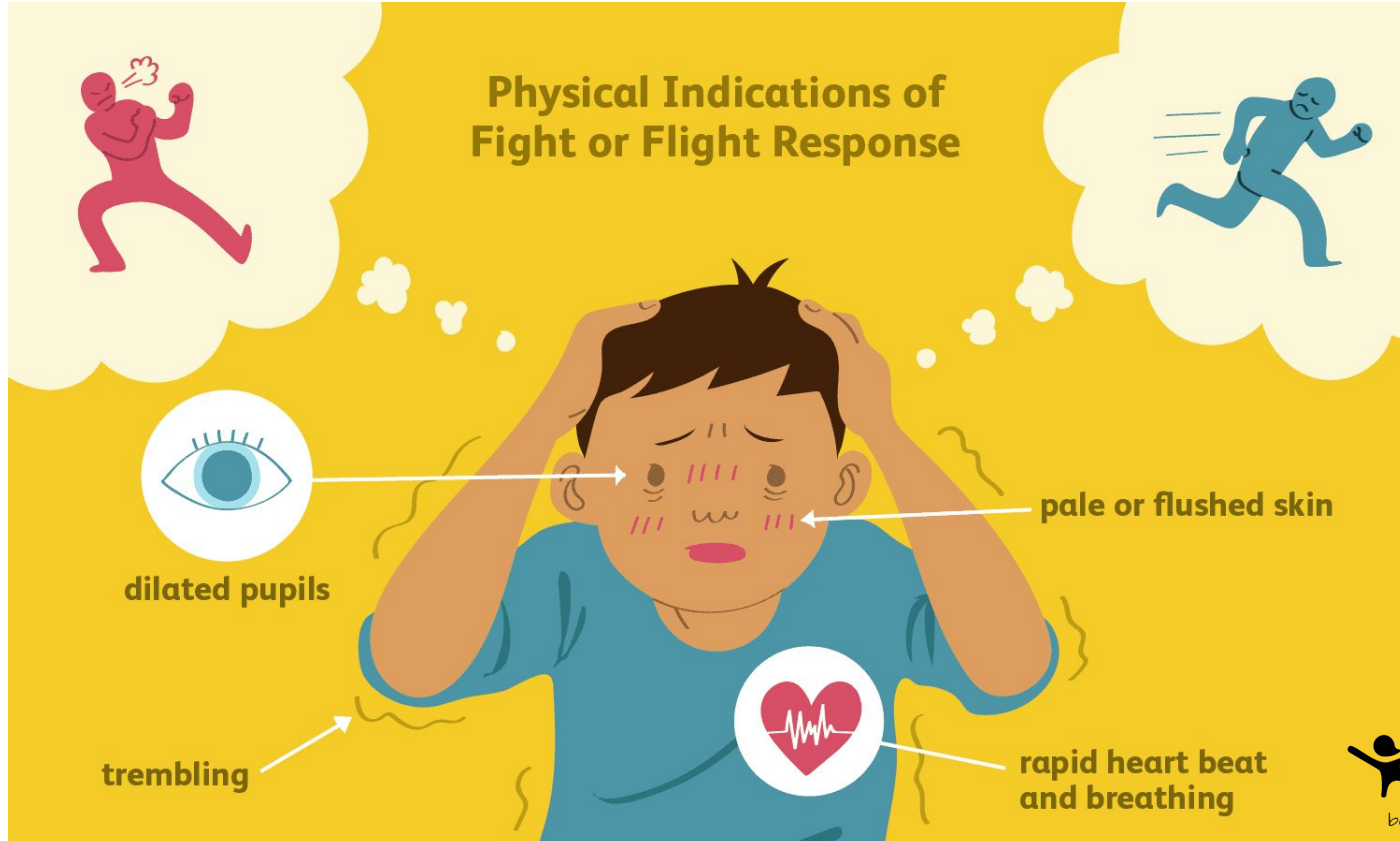
**FIND
REASONS TO
LAUGH**

**CREATE
SIMPLE WINS**

**WHAT ARE
YOU
THANKFUL
FOR**



Physiological Changes in our body



Fight-Flight-Freeze Response



Building Resilience: How to thrive through



A MODERN DEFINITION OF RESILIENCE:

SO RESILIENT!



"ADVANCING DESPITE ADVERSITY"

GOAL-ORIENTATION,
WORK TOWARDS
YOUR VISION

BE PROACTIVE -
DON'T WAIT FOR
ADVERSITY

BOTH LARGE AND
SMALL EVERYDAY
CHALLENGES

The
**WORRY
TREE**



Activity: Progressive Muscle Relaxation (Grade 9-10)

It can be used in a classroom setting to help students relax and they can learn these steps and administer it on their self during stressful situations.

Outcome:

1. Reduces Anxiety and tension
2. Improves sleep
3. Eases neck pain
4. Lowers blood pressure.



Activity: Guided Imagery (Grade 11-12)

Imagination is a powerful tool to escape to a place where the person can relax and it helps the mind get rejuvenated and increase its focus.

Outcome:

1. Increase control.
2. Decrease depression.
3. Decrease **stress** and anxiety.
4. Decrease **pain**.
5. Decrease side effects.
6. Enhance sleep.
7. Enhance quality of life.
8. Increase **relaxation**.

