



**Title:** Stress Management

**Grade:** 7

**Career Development Model:**

Self-Awareness

**Nebraska Career Readiness Standards:**

- Manages personal career development
- Attends to personal & financial wellbeing

**Objective:**

- Students will demonstrate effective stress management techniques.
- Students will learn how to identify different kinds of stress and how to cope while at school and in the workplace.

**Materials and Supplies Needed:**

N/A

**Class Instructions:**

1. Teachers introduce the lesson by writing the word STRESS on the board. Create a web graphic, asking students to share various forms of stress they have experienced.
2. Ask students to group their responses into three broad categories.
3. All of us have stress in our lives. We can manage stress effectively or ineffectively by the actions we do or do not take. Today we will talk about how to manage stress so we don't feel overwhelmed.
4. Pass out the "Stress Management Chart" handout to students (in small groups) and discuss the table.
5. Ask students to compare their broad categories to those listed on the handout:
  - a. **ACADEMIC STRESS:** Influenced by demands of school, such as homework, tests, and projects, and balancing these with home life.
  - b. **SOCIAL STRESS:** Influenced by interactions with others, such as how others treat you, making friends, fitting in and managing relationships.
  - c. **FINANCIAL STRESS:** Influenced by money, ability to pay bills, buy necessities

such as food, and having money for recreational activities.

6. Ask students to share their experiences. Discuss the following:
  - a. How they managed this stressful event.
  - b. What it felt like to be stressed (physically, mentally and emotionally).
  - c. How did this stress affect other aspects of their lives?
  - d. Is this an ongoing stress, or something that only happens once in a while?
  - e. If it is an ongoing stress, are there ways that it can be alleviated?
7. Ask students to share a situation in which one of their family members was under stress because of their job or their education. What happened? How did they manage it? Do you think they managed it well or not well? Why or why not?
8. Pass out the "Stress Management" handout. In small groups, ask students to choose one of the stress examples located in the boxes. Instruct each student to share with the group how they would manage each example, and then provide an opportunity for the group to respond to the student and discuss how other people might have managed it differently. There is not necessarily a right or wrong answer to every example. Teachers should explore the reasons behind each student's response and put them into their own life context.
9. Bring the class back together as a large group. Discuss with students how stress can be found not only in their current life now, but also in their future work life.
10. Can they see how all of the different kinds of stress in the table can be found in the workplace as well? Since similar stress is found in the workplace, learning effective stress management can not only help them now, but also in their future work life.

Optional Procedures: These possible extensions can be used to further enhance learning of the objectives through higher level thinking/PBL

1. Have students work together in small groups (3-4 students) to role play some of the situations listed on the "Stress Management" handout. Afterwards, have students discuss how they utilized successful stress management techniques.
2. Have students participate in a week-long journaling activity (5 minutes or so at the start of class) in which they describe stressful situations they've recently encountered and their responses to those situations.

Tips on keeping it real

- Sharing information about oneself, or self-disclosure, is a tool borrowed from career counseling. It is a very useful tool to help students realize that confusion regarding how to make decisions with one's life is not unusual.

- Give an example of a stressful event (academic or in the workplace) you have experienced. Share how you felt during this stressful event and how it might have affected other areas of your life. (It may be difficult, but try to make your example genuine and also student friendly.)
- Share how you alleviated the stress and to what level you felt you were successful in using stress management strategies. (E.g. "I make myself spend two or more hours working before taking a break for a movie, book, sports, etc.")
- Share some examples of things you do to manage stress and/or some ways you might be helpful to use stress management techniques more often personally. (E.g., I like to listen to music in the car on the way home from work to relax. I also use deep breathing before I have to give a presentation or go into a stressful meeting. I could use positive thinking more often in addition before I give presentations.)

**Credits/Sources:**



"Making my Future Work: A College and Career Readiness Program", U.S. Department of Education, Institute of Education Sciences.

<https://www.csuohio.edu/cehs/mmfw/making-my-future-work-0>

# STRESS MANAGEMENT CHART

ACADEMIC STRESS	SOCIAL STRESS	FINANCIAL STRESS
<p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• Homework</li> <li>• Tests</li> <li>• Papers</li> <li>• Projects</li> <li>• School and home life</li> </ul>	<p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• Making friends</li> <li>• Fitting in</li> <li>• Managing relationships</li> </ul>	<p><b>Examples</b></p> <ul style="list-style-type: none"> <li>• Ability to pay bills</li> <li>• Buy necessities, such as food</li> <li>• Money for recreational activities</li> </ul>
<p><b>Stress Management</b></p> <ul style="list-style-type: none"> <li>• Be prepared –Study!</li> <li>• Plan out a schedule for school work</li> <li>• Turn in assignments on time</li> <li>• Don't procrastinate!</li> <li>• Ask for help</li> <li>• Study buddy</li> </ul>	<p><b>Stress Management</b></p> <ul style="list-style-type: none"> <li>• Communicate effectively with others</li> <li>• Use effective conflict resolution skills</li> </ul>	<p><b>Stress Management</b></p> <ul style="list-style-type: none"> <li>• Create a budget</li> <li>• Spend wisely</li> <li>• Pay your bills on time</li> <li>• Keep track of your bank account</li> <li>• Keep personal information private</li> </ul>

## General Stress Management:

*For all three types of stress*

- Talk to a counselor or someone you trust
- Exercise
- Listen to music/read a book
- Think positively
- Use relaxation techniques (deep breathing)
- Keep a journal
- Watch a funny movie (Laugh!)
- Engage in healthy enjoyable activities that help you relax

# STRESS MANAGEMENT HANDOUT

<p>You have a big test next week that you are worried about. What can you do to manage this stress?</p>	<p>You have a big project due for each class, all in the same week at the end of the month. What can you do to manage this stress?</p>
<p>You are stressed out because you got into an argument with your best friend. What can you do to manage this stress?</p>	<p>Your boss needs you to work overtime this week and you feel stressed because you also have a lot to do at home. What can you do to manage this stress?</p>
<p>You have a lot of expenses this month and you are worried about being able to pay your bills. What can you do to manage this stress?</p>	<p>You really want to go to a concert, but you are not sure that you will have enough money to pay all of your bills after buying your tickets. What can you do to manage this stress?</p>
<p>You are training for a new job and feel stressed about catching on. What can you do to manage this stress?</p>	<p>At your job, you feel overloaded with work and you feel you don't have enough time to complete it all. What can you do to manage this stress?</p>