

STRESS & DECISION MAKING

Health USC 6.4

WHAT IS STRESS?

“Is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomachache or a headache.” (Lyness, 2015)

A red pencil is shown in the process of drawing the word "STRESS" in red on a white surface. The pencil is positioned at the end of the word, and there are small red shavings scattered around the tip. The word "STRESS" is written in a bold, slightly irregular, hand-drawn style. The background is a plain white surface.

STRESS



KIDS

AND

STRESS

**KIDS
News
Break**

IS STRESS

BAD

GOOD

?

WHAT CAUSES STRESS FOR A GRADE 6 STUDENT?

Situation	Can I control? Can I plan?
<ul style="list-style-type: none">- School- Family fights- Fears- Sports- People- Body image- Death- People yelling- Academic pressure- Public speaking- Crushes- Homework	

WHAT IS



“Is a feeling of fear, worry, nervousness or unease. It acts as the body’s alarm system to warn us when there may be a threat. When faced with a threat, our body thinks there are only two choices: to fight the threat or flee from it.” (AboutKidsHealth, n.d.)



IS ANXIETY NORMAL?

Normal Anxiety	Anxiety Disorder
<ul style="list-style-type: none">→ Attached to a specific situation/problem.→ Ends with the situation/problem.→ Amount experienced is comparable or reasonable.	<ul style="list-style-type: none">→ Can be random times→ Unreasonable amount for the situation.→ Lasts past the problem.→ Feel it when thinking about situations that likely won't happen.→ Feels impossible to manage→ Avoid situations that might trigger.



You don't have to
feel completely
stressed about
something.

STRESS INTERVIEW

Name: _____ Date: _____

STRESS INTERVIEW

Parent/Guardian

1. What are things that cause you stress?
2. How do you manage that stress?

Sibling/Friend

1. What are things that cause you stress?
2. How do you manage that stress?

USC 6.4 Stress

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WHAT WERE SOME
COMMONALITIES?

PERSONAL STANDARDS AND STRESS?

Personal Standard

How you behave in certain situations. Deep values that stay with you for your whole life. Expectations of others in specific situations.

Stress

Is what you feel when you are worried or uncomfortable about something. This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid — which can give you a stomachache or a headache. (Lyness, 2015)

HEALTHY STRATEGIES FOR STRESS

- Get enough sleep
- Be Realistic - not perfectionist
- Relax - breathing exercises
- Have Fun - do things that you enjoy
- Exercise
- Be Positive
- Solve Little Things
- Support System

CASE STUDY #1 (Teacher Models)

Nick plays hockey an hour away. 3x a week he has practice and every weekend he has a game.

Nick's teacher noticed that he is zoned out during class time and his grades are suffering. After school Nick is overwhelmed with homework, so instead he plays video games to relax.

Nick's parents are worried because education is important in their family, but they understand his love and passion for the game.

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

CASE STUDY #2 (We Do Together)

Casey always has high grades. She often spends hours after school studying and completing assignments. Her friends ask her to hang out a lot, but Casey always refuses. On test days her friends don't even bother talking to her because they know she is cranky because she didn't sleep the night before.

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

CASE STUDY #3 (You Demonstrate)

Roma put off doing a major project for many weeks. Instead she helped out at home and in the yard. She also helped her siblings with their homework. Now, the night before, she is working on it. She sat down at the kitchen table and finished it in 3 hours. She was surprised how easy she found it to focus.

Positive (+) or Negative (-)?	Personal Standard	Strategy used or could be used

MAJOR ASSIGNMENT

USC 6.4 MAJOR ASSIGNMENT

Instructions: Read the case studies. Name whether it is a positive or negative stress reaction. Name the personal standard being demonstrated in the situation. Lastly name healthy strategies they could use to help manage their stress.

Provide wordbank for personal standards?