

## **Year 11, Lesson 3**

### **Aims**

To help pupils identify and manage areas of stress in their own lives.

### **Resources**

Footprint feedback  
"Feeling Stressed"

### **Activity 1**

Ask the class to give a definition of stress. Oxford Schools dictionary gives the definition as follows: Stress – tension, strain, force exerted between contiguous bodies or parts. Discuss when stress can be a good thing and when not.

(5 mins)

### **Activity 2**

As a class brainstorm the sorts of situations which can cause stress. These will probably include things such as exams, relationships, school rules and many more. Ask everybody, in their head, to think of the situation on the board that would stress them out the most. Then ask for a show of hands for each one. The chances are that there will be a variation.

(10 mins)

### **Activity 3**

Issue "Feeling Stressed" worksheet and ask them to fill it in individually, using their footprint feedback if necessary.

(10 mins)

### **Activity 4**

Ask them to get into pairs to informally discuss what they do when they need to switch off and relax. Reconvene the class and write up sensible suggestions on the board.

(5 mins)

### **Activity 5**

Issue the "Stressbusters" to each group of 2. They should work through some of these techniques together and evaluate their effectiveness by filling in "Management of Stress"

(25 mins)

## Feeling Stressed

Use the table below to analyse yourself and your stressors. In the code column put a smiley face if that situation causes little or no stress, a blank face for quite a lot of stress, and a sad face for way too much stress. Use your footprint feedback and add further stressors, if necessary.

Stressors	Code	People I associate with the Stress
World Issues		
Family		
My appearance		
Coursework		
Money		
Exams		
Fear of failure		
Expectations of parents		
Expectations of teachers		
Friends		
Bad weather		
Prep		
Boy/girl friend		
Global warming		
Arguments		
Staying organised		

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## **Stressbusters**

In pairs, take it in turns to talk each other through the following exercises, repeating each exercise 3 times.

### **1. Placing**

Imagine yourself in a calm, tranquil place (eg beach, garden etc). Try to hear the calm, soothing sound, smell the scents. Keep your eyes closed, breathe deeply and picture yourself there for a few minutes.

### **2. Meditation**

Close your eyes, try to clear your mind and listen to your breathing. If thoughts come into your mind, just let them go. Continue to observe your breathing, listen to the sound it makes and feel the sensation.

### **3. Relaxing Muscles**

Starting with your toes and working up through your body, tense and release muscles in sequence. Hold and relax for a count of 10.

### **4. Breathing**

Exhale completely, slowly breathe in through your nose, expanding your diaphragm to bring air into the lower portion of your lungs. As you gradually expand your lungs, expand your chest. Pause your breathing and then exhale smoothly through your mouth.

### **5. Rapid relaxation breathing**

Take a deep breath, deeper than normal, holding it until it is just beginning to get uncomfortable. At the same time squeeze together your thumb and first finger. Exhale slowly through the mouth, releasing the pressure between your thumb and first finger and allowing your tension to drain away and your shoulders to droop.

### **6. Tapping**

## Management of Stress

Evaluate the stressbuster techniques you have tried with your partner and add any more strategies that you use.

TECHNIQUE	SCORE OUT OF 10	NOTES AND COMMENTS
Placing		
Meditation		
Relaxing Muscles		
Breathing		
Rapid Relaxation Breathing		
Tapping		