

South Dakota Teachers as Advisors Lesson Plan

All Stressed Up and Nowhere to Go

Grade Level	9-12th Grade
Goal/Objective	Students will learn that their ability to understand how stress affects them gives them the power to manage that stress.
Minimum Time Required	
Materials/Resources	"Stress Checklist" (2 pages, attached) "What Would You Do If..." handout (attached) "Twelve Ways to Deal with Stress" handout (attached)

Step by Step Instructions:

1. Ask students to volunteer answers to the question, "What is stress?"
2. Explain to students that stress is a physiological reaction to change.
3. Explain to students the difference between stress and stressors. (A stressor is the change; stress is the reaction to that change.)
4. Hand out the stress checklist and have each student look over the list asking them to share which things cause them stress.
5. Then have them decide how many of those things they can control and which they cannot control.
6. Emphasize to the students the following tips included on the "Can You Control It?" portion (page 2) of the Stress Checklist:
 - ◆ Act on those stresses that you can control.
 - ◆ Consider what you can do with those that you may be able to control.
 - ◆ Let go of those that you cannot control.
7. As a wrap-up activity, give each student a "Twelve Ways for Dealing With Stress" handout and go over the tips as a group.