

What is Stress?



Quiz Results

- **Mostly A's: *So, So Overwhelmed!***
Stress gets the best of you but relax. It happens. Instead of sweating it out, show maturity. The more you plan ahead, the less you'll spazz.
- **Mostly B's: *Ultra-calm and Collected***
Sure, you worry like everyone else does, but your smart combo of prep and prioritizing helps you skate through school-related demands.
- **Mostly C's: *Too Cool for School***
Stress isn't even in your vocab. Great, but you're not respecting the importance of learning. Kick the academics up a notch!



"STRESS"

**THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !**

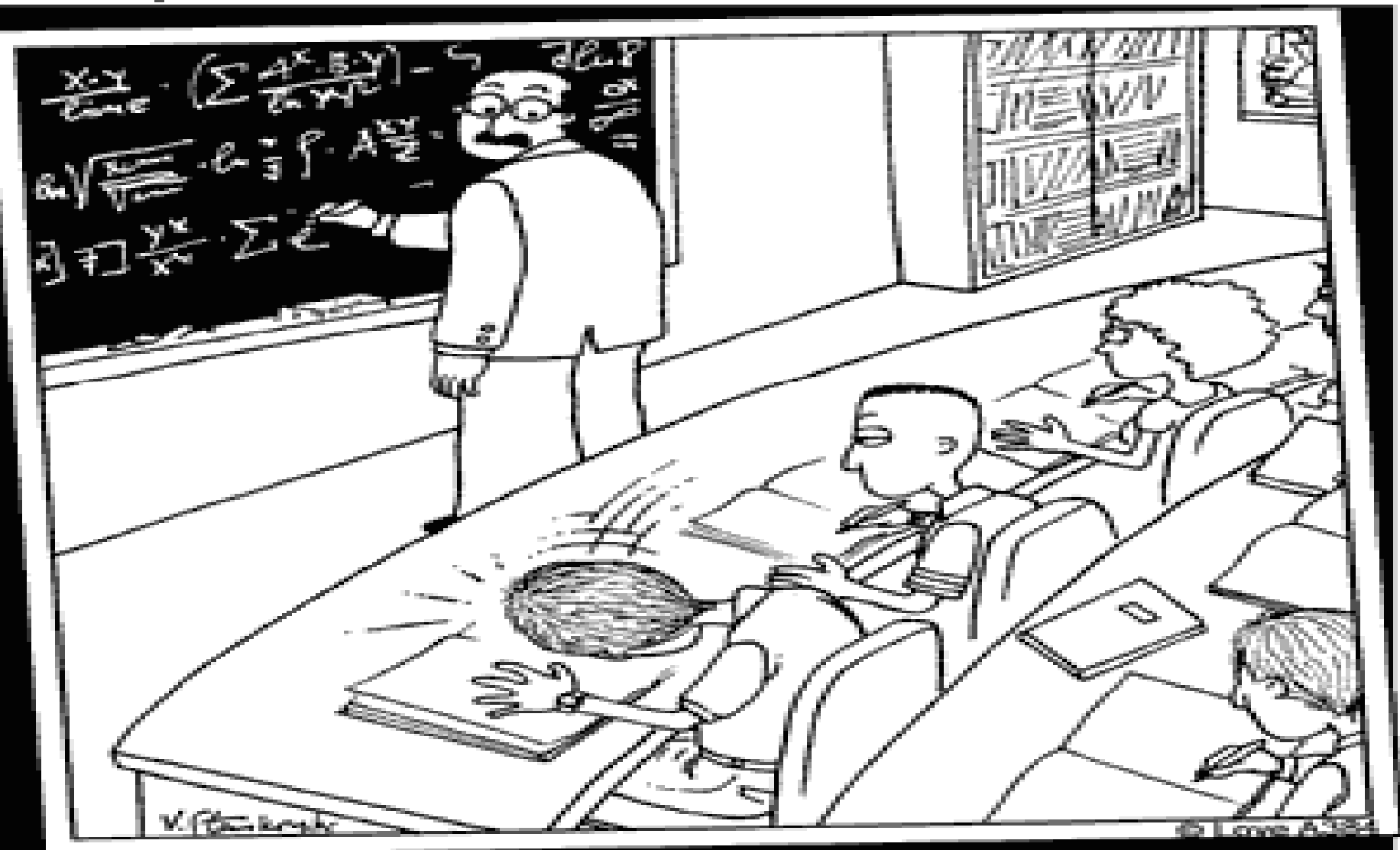
- Stress is a normal physical response to outside pressures that make you feel threatened or upset your balance in some way.



- The body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the *stress response*.
- When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action.

- It is an unavoidable fact of life.
- Stress, and how you handle it, affects your health and happiness.
- If you allow it to build up, stress can sometimes produce tensions serious enough to INTERFERE with your normal daily activities.





Professor Herman stopped when he heard that unmistakable thud – another brain had imploded.

Increase your Tolerance for Normal Stress

- How you approach stress may determine how you cope with it
- Understand that stress is normal, transitional and manageable
- Recognize and identify symptoms of stress
- Shift mindset: View stress as a challenge, not a threat
- Think positively, not negatively

Examples of Normal Stress

- Homework and tests
- Parental pressures
- Relationships
- Peer pressure
- Decision-making
- SAT and ACT tests
- College/the future



Examples of Other Stress

- Personal Loss
- Illness/injury
- Family changes
- Change in lifestyle
- Finding a job/losing a job

Stress Will Affect You

■ Physically

- Headaches, stomachaches, trouble sleeping, increased or decreased eating, lack of energy, acne, tension in neck/shoulders/back, rise in blood pressure, lowered immune system

■ Mentally

- Trouble concentrating, memory problems, panic attacks, depression

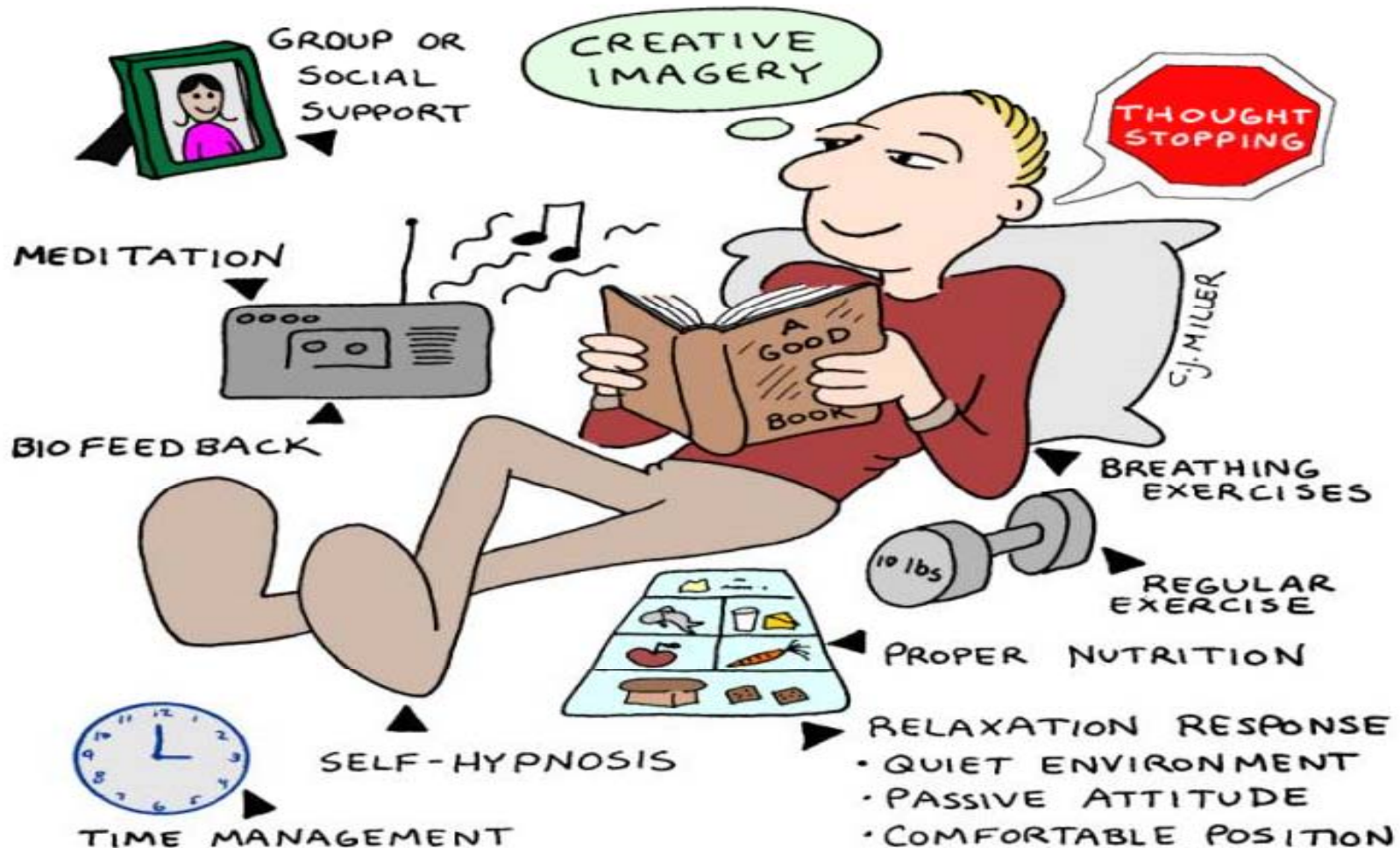
■ Emotionally

- Feeling sad, angry, nervous, anxious, irritable, easily frustrated

Coping with Stress

- Coping involves:
 - 1) identifying stress
 - 2) determining what we have control over
 - 3) identifying coping strategies
- Some coping strategies are passive and if continued for long periods, will not reduce stress. Some are active and will significantly reduce stress.

STRESS REDUCTION METHODS



Healthy and Appropriate Ways to Cope

- Let your steam out – talk to somebody who is close to you and can understand you
- Manage your time – so that you have time to do what you want
- Anticipate stressful time and prepare accordingly – for an exam or a presentation
- Develop supportive techniques – eat right food, exercise, sleep well
- Learn how to relax –learn breathing techniques, imagery (transporting yourself to a peaceful place e.g. beach), yoga, hang with a pet, listen to music, journaling
- Repeat health enhancing phrases to yourself – e.g. “SMILE”, “Don’t take it too seriously”, “Tomorrow is another day”

Healthy and Appropriate Ways to Cope

- Identify people you can go talk to when you are feeling stressed
 - At school
 - Outside of school

Unhealthy and Inappropriate Ways to Cope with Stress

- Ignoring it
- Smoking
- Alcohol
- Drugs
 - All of these will cause more stress!!!

Unhealthy and Inappropriate Ways to Cope with Stress



Stress Reduction Kit

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

We Hope You Understand...

- That stress is normal
- That some stress is unavoidable and some we have power to control
- The impact stress has on our body, mind and spirit
- How to increase your tolerance for stress
- How to identify healthy and appropriate ways to cope with stress



Essential ASCA Standards Addressed in this Program

■ Academic Development Domain

- Competency A1: Improve Academic Self-concept
 - A:A1.4 – accept mistakes as essential to the learning process
- Competency A2: Acquire Skills for Improving Learning
 - A:A2.3 – use communications skills to know when and how to ask for help when needed
- Competency C1: Relate School to Life Experience
 - A:C1.1 – demonstrate ability to balance school, studies, extracurricular activities, leisure time, and family life

Essential ASCA Standards Addressed in this Program

- Career Development Domain
 - Competency A1: Develop Career Awareness
 - C:A1.3 – develop an awareness of personal abilities, skills, interests, and motivations
 - C:A1.5 – learn to make decisions
 - C:A1.6 – learn how to set goals

Essential ASCA Standards Addressed in this Program

- Personal/Social Domain
 - Competency A1: Acquire Self-knowledge
 - PS:A1.3 – learn the goal-setting process
 - PS:A1.10 – identify personal strengths and assets
 - Competency A2: Acquire Interpersonal Skills
 - PS:A2.6 – use effective communication skills
 - Competency B1: Self-knowledge Application
 - PS:B1.4 – develop effective coping skills for dealing with problems

THANK YOU!