



CONCEPT/DESCRIPTION: Students will propose ways to manage the stress in their lives.

NATIONAL HEALTH EDUCATION STANDARD(S): 1.8.5; 1.12.5

OBJECTIVE: The students will formulate and discuss positive ways of dealing with everyday stressors in order to avoid stress-related illness.

MATERIALS: One (1) **STRESS REDUCER** worksheet for each student; pens or pencils

DIRECTIONS:

1. Have students write the top five stressors in their life in column 1 of the **STRESS REDUCER** worksheet.
2. Then, in column 2, they should write two (2) ways to reduce each stressor.
3. After the activity is completed, discuss:
 - a. Give an example of a positive way of dealing with stress.
 - b. Give an example of a negative way of dealing with stress.
 - c. What are the health benefits of having stress reducers in your life?
 - d. What are the health risks of having excess stress in your life?

STRESSOR (Examples)	STRESS REDUCER (Examples)
1. Parents – we constantly fight about my curfew	1. Communicate my feelings in a positive manner 2. Come in before curfew
2. School – my grades are lower than they should be	1. Do all of my homework 2. Ask teacher for extra help in math class
3. Friends – my friends don't always include me	1. Call my friends more often 2. Don't take things personally
4. Job – I don't make enough money and my hours are too long	1. Ask manager for less hours on school nights 2. Ask for a raise
5. Financial Problems – I never seem to have enough money	1. Spend less money on useless things 2. Drive less often to save gas



NAME: _____

DIRECTIONS: In column 1, write the top five (5) stressors in your life. Then, in column 2, list two (2) things that you can do to reduce each stressor.

STRESSOR	STRESS REDUCER
1.	1. 2.
2.	1. 2.
3.	1. 2.
4.	1. 2.
5.	1. 2.