

HOW TO MANAGE STRESS

- I. Interactive lecture.**
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I. INTERACTIVE LECTURE

- What matters is that you don't only need to KNOW what to do but PRACTISE what you know.

1. Time Management:

- Learn to prioritize tasks and manage time effectively.
- Break down large tasks into smaller, more manageable steps.

2. Regular Exercise:

- Engage in regular physical activity, such as sports, jogging, or yoga.
- Exercise is a natural stress reliever and helps to improve mood.

3. Healthy Sleep Habits:

- Establish a consistent sleep routine with a regular bedtime.
- Aim for the recommended amount of sleep for teenagers (8–10 hours per night).

4. Mindfulness and Relaxation Techniques:

- Practice mindfulness and relaxation exercises, such as deep breathing or meditation.
- These techniques can help calm the mind and reduce stress.

5. Effective Communication:

- Share feelings and concerns with trusted friends, family members, or a counselor.
- Effective communication can provide emotional support and perspective.

6. Breaks and Leisure Activities:

- Take breaks during study sessions to prevent burnout.
- Engage in hobbies and leisure activities to relax and unwind.

7. Set Realistic Expectations:

- Avoid setting unrealistically high standards for yourself.
- Understand that it's okay not to be perfect and to seek progress rather than perfection.

8. Healthy Lifestyle Choices:

- Maintain a balanced diet with nutritious foods.
- Limit the consumption of caffeine and sugary snacks, as they can contribute to stress.

9. Establish Boundaries:

- Learn to say no when feeling overwhelmed.
- Set boundaries to balance academic, social, and personal responsibilities.

10. Connect with Peers:

- Cultivate positive social connections with friends.
- Spend time with peers who provide support and encouragement.

II. DISCUSSION QUESTIONS

1. What are the main sources of stress in your life right now?
2. How do you typically recognize when you're feeling stressed?
3. Are there specific situations or triggers that consistently contribute to your stress?
4. What are some healthy ways you currently cope with stress?
5. How can you integrate stress-relief activities into your daily routine?

6. Are there time-consuming activities that contribute to your stress that you can modify?
7. Can you identify any time-wasting habits that add to your stress levels?
8. How comfortable are you with saying “no” when you need to?
9. Are there situations where setting clear boundaries would help reduce stress?
10. What steps can you take to establish and maintain healthy boundaries?
11. Are there specific individuals you feel comfortable discussing your stress with?

12. Have you tried mindfulness or relaxation techniques to manage stress?
13. How can you incorporate activities like deep breathing, meditation, or yoga into your routine?
14. What environments or activities help you feel most relaxed and at ease?
15. What types of exercises or sports do you enjoy, and how can you incorporate them into your schedule?
16. How do you handle academic stress, such as exams or deadlines?

17. Are there effective study habits or time management strategies you can implement?
18. How do you set realistic goals for yourself to avoid feeling overwhelmed?
19. What steps can you take to break down large tasks into more manageable components?
20. How comfortable are you with seeking professional help, such as talking to a counselor or therapist?

III. RESPONDING TO QUOTES

- “You must learn to let go. Release the stress. You were never in control anyway”. – Steve Maraboli
- “The time to relax is when you don’t have time for it”. – Sydney J. Harris
- “Don’t let your mind bully your body into believing it must carry the burden of its worries”. – Astrid Alauda
- “Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body”. – Norman Vincent Peale

- “You can’t always control what goes on outside, but you can control what goes on inside”. – Unknown
- “Take a deep breath, exhale, and remember you’ve been through tough times before. You can do this”. – Choubisou
- “Sometimes the most productive thing you can do is relax”. – Mark Black
- “It’s not stress that kills us, it is our reaction to it”. – Hans Selye
- “Remember that stress doesn’t come from what’s going on in your life; it comes from your thoughts about what’s going on in your life”. – Andrew J. Bernstein

V. VIDEO AND FOLLOW-UP QUESTIONS

- Watch these videos and write down what YOU think is important.

- **6 Daily Habits to Reduce Stress & Anxiety**

<https://www.youtube.com/watch?v=o18I23HCQtE>

- **Teens reveal sources of stress**

<https://www.youtube.com/watch?v=QnKR7X-LGwk>

- **How We Cope With Anxiety & Stress**

<https://www.youtube.com/watch?v=0qnYXCLk5bQ>

- **Stress Management Tips for Kids and Teens!**

<https://www.youtube.com/watch?v=3Nf2Pzcketg>

VI. SUMMARY AND TAKEAWAYS

- Remember, managing stress is a personal journey.
- Different strategies work for different individuals.
- It's important for you to explore and adopt coping mechanisms that really help you and fit them into your lifestyles.
- Seeking support from trusted adults and practicing self-care are crucial aspects of stress management.

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