Don’t Stress Out

Introduction: Stress overload is not just an adult problem. Without the proper coping skills, teens sometimes choose the wrong ways to “deal” with stressful things in their lives. In this lesson, students will learn what stress is and constructive ways of dealing with it.

Grade Level and Subject: Ninth grade Health

TEKS: 1h, 6a, 7d, 9a, 14a

Materials: computers with internet access and PowerPoint software, projector

Resources: teen health websites (see below), health textbook

Websites:
http://mystuff77.tripod.com/id2.html
http://Stress.Medical-Information.org
http://www.region.peel.on.ca/health/topics/sexual/sesteem.htm
http://www.aacap.org/publications/factsfam/66.htm
http://familydoctor.org/278.xml

Activity: Divide the class into groups of three. Using the questions below as a starting point, have students research teen stress and design a PowerPoint presentation in which they explain the causes and effects of stress and present some strategies for managing it. Limit each presentation to 10 slides, and suggest that students use pictures, illustrations, graphs, charts, etc. in their slide show.

- What is stress? What is the biological response to stress?
- What are the three stages of stress?
- What are some sources of stress for teens?
- Explain good stress and bad stress.
- What causes overload or burnout?
- What physical problems can be caused by too much stress?
- What are some emotional and social problems caused by stress overload in teens?
- What is trauma and its effects?
- What are the signs of too much stress?
- How can proper diet and exercise help?
• What are some ways to control or avoid stress?
• What are some bad ways teens may try to deal with stress overload?
• What are coping skills? Give examples.
• How can parents or other family members help? How can friends help?
• Present a scenario. Include a strategy and results.

**Evaluation:** Evaluate the slide shows based on accuracy, inclusion of information, and organization. Evaluate the presentation based on extended knowledge (used the slide show as a tool and did not just read from it).