

Stress Unit Lesson 5



National Health Education Standards Covered

Standard 1 Core Concepts – Summarize personal stressors at home, in school and with friends

Standard 1 Core Concepts – Explain the body's physical and psychological response to stressful situations

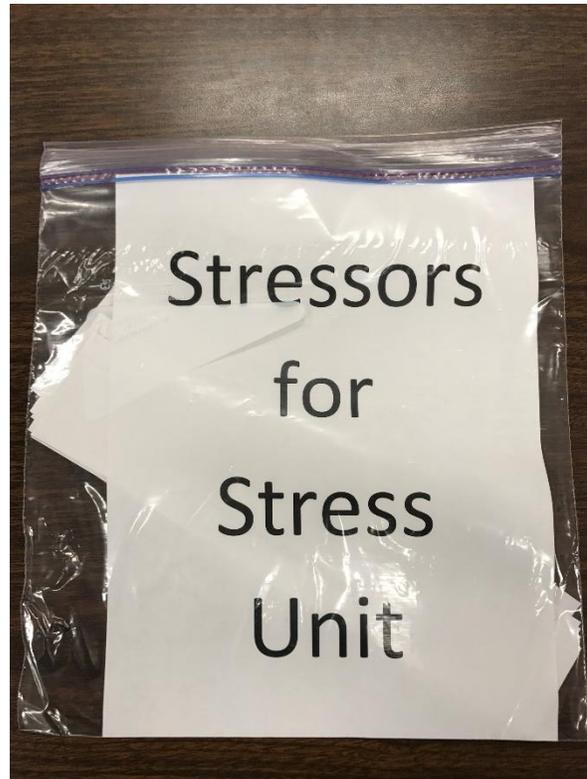
Standard 1 Core Concepts – Evaluate effective strategies for dealing with stress

Review - Yesterday's Biodot Discussion

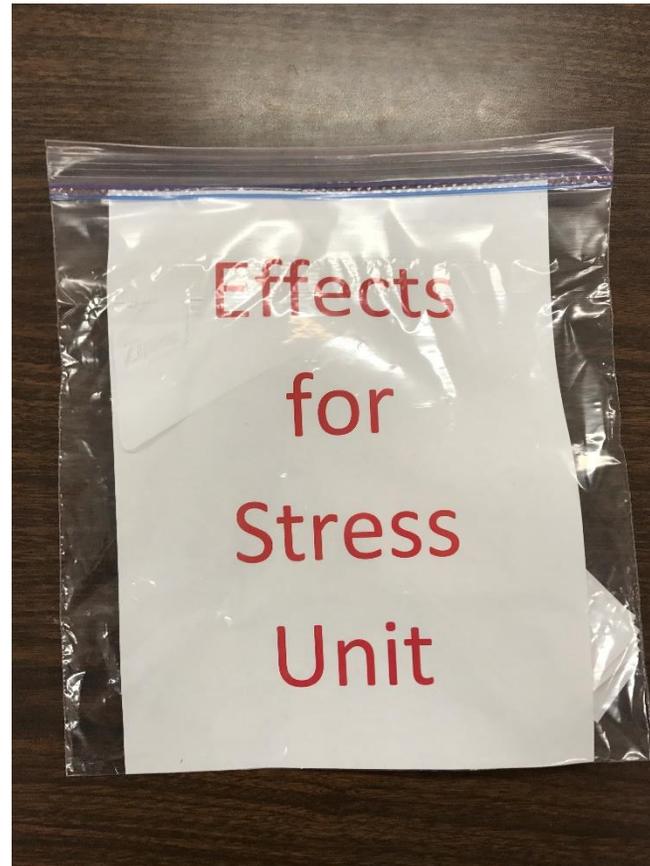
- How do biodots work again? – During fight or flight reactions to stress, the body constricts capillaries in order to conserve blood to the major organs and muscles that will need it. This results in a temperature change in the surface of the skin resulting in a colder temperature. The biodot works based on temperature.



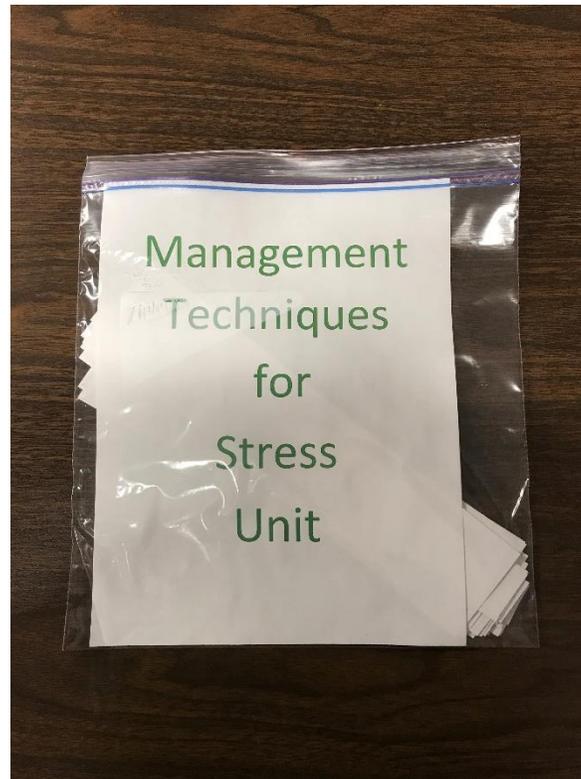
Task 1 – Choose 2 situations from the bag titled ‘stressors’ (These are actual situations where you or your classmates had a color change on a biodot towards the stress side)



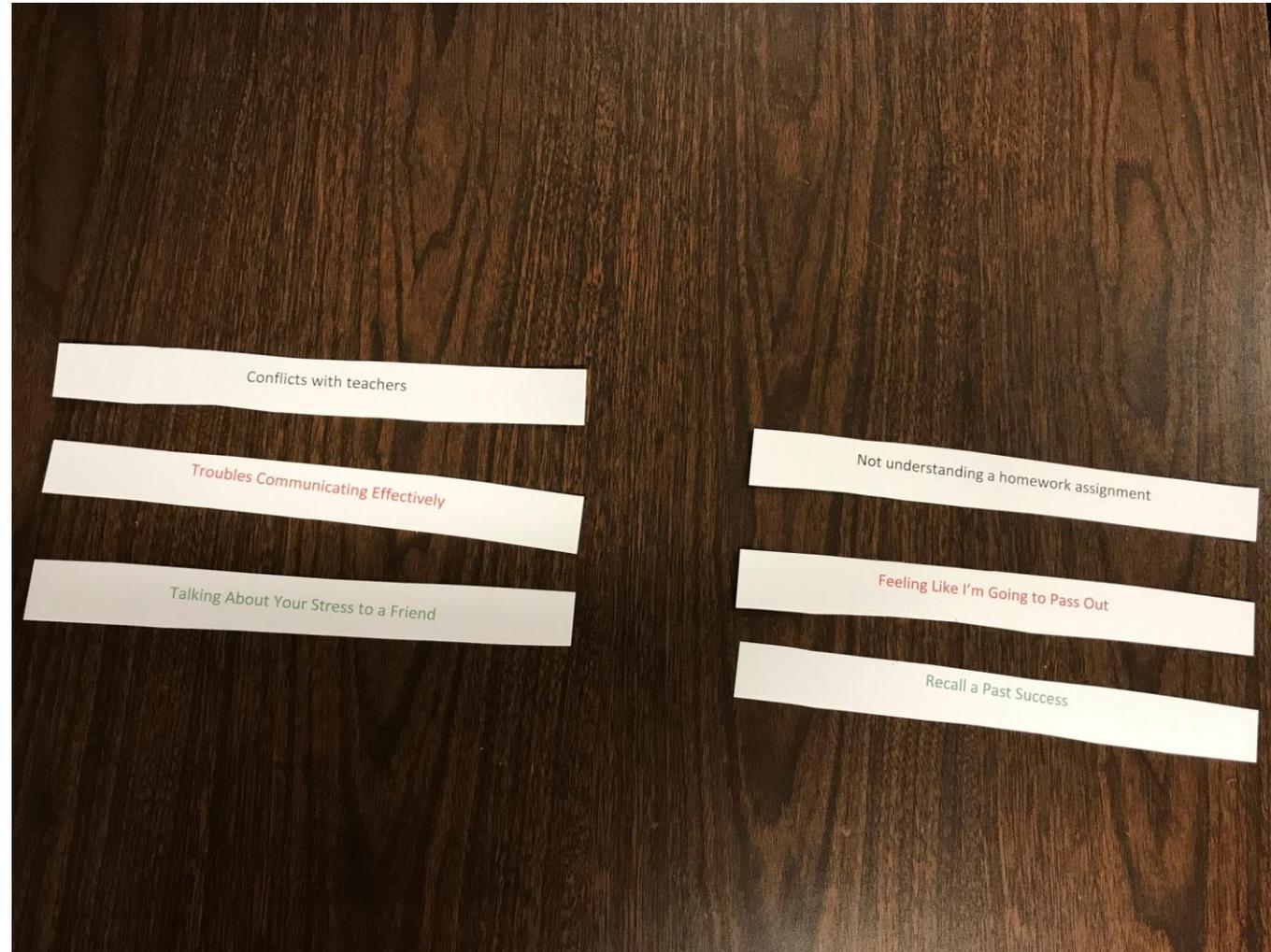
Task 2 – Choose two effects of (one for each stressor) of stress from the ‘effects of stress’ bag that you personally can identify with that may happen with those two situations.



Task 3 – Choose a stress management technique from the ‘techniques’ bag that we had either practice in class or talked about in class that you could personally do when encountering that stressor



Task 4 – Lay out the groups of slips in front of you and discuss with your group



Ready! Set! Go!

- Task 1 – Choose 2 situations from the bag titled ‘stressors’. These are actual situations where you or your classmates had a color change on a biodot towards the stress side.
- Task 2 – Choose two effects of (one for each stressor) of stress from the ‘effects of stress’ bag that you personally can identify with that may happen with those two situations.
- Task 3 – Choose a stress management technique from the ‘techniques’ bag that we had either practice in class or talked about in class that you could personally do when encountering that stressor.
- Task 4 – Lay out the groups of slips in front of you and discuss with your group

Full Group Class Discussion Questions

- Did you have trouble finding a stressor that applied to your life?
- Is it possible something that causes you stress may not be a big stressor for someone else? Why is this?
- How could you effectively tell someone that you are stressed?
- How can you help someone that you care about if they are experiencing signs of stress?
- Show me in your notebook, how you can set a realistic goal for yourself to improve stress levels.