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# Strike Out Stress



**Some stress can be beneficial and may lead to actual problem-solving, but a lot of our stress is unnecessary and even harmful. By implementing just a few things into your daily routine, you can significantly decrease your levels of stress.**

## **OVERVIEW**

This worksheet will guide you through a conversation with your students about stress, and tips on how to reduce stress. Students will be asked to come up with ways to reduce stress and are encouraged to put it into a daily practice.

## **ABOUT STRESS**

Stress affects each of us in different ways. You may have physical signs like headaches, stomach pains, or trouble sleeping. You may experience emotional signs like feeling anxious, depressed, cranky. You may even experience both.

Healthy habits, including regular physical activity, can help reduce or prevent some of the harmful effects of stress.



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### ACTIVITY:

1. Discuss with students how they experience stress and how they process it.
2. Ask students to come up with ways to reduce stress.
3. Discuss the goal of implementing into their daily lives.

### OPENING QUESTIONS TO ASK

What is stress?

What do you do when you're stressed?

How do you feel when you're stressed?

How can you stress less?

### WHEN YOU'RE UNDER STRESS, DO YOU:

- eat to calm down?
- speak and eat very fast?
- rush around but do not get much done?
- procrastinate?
- sleep too little, too much or both?
- slow down?
- try to do too many things at once?

### HOW CAN YOU STRESS LESS?



**Get out of the house:**  
Take a walk in nature and enjoy the sights and sounds.



**Sleep tight:**  
Set a regular bedtime and wake up routine and turn off or dim screens as bedtime approaches.



**Use your network:**  
Reach out and connect regularly with family and friends.



**Put your mind to it:**  
Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgement.



**Lean on a furry friend:**  
Pets may help reduce physiological reactions to stress.



**Work it out:**  
Regular physical activity – a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly – can relieve tension, anxiety and depression and give you an immediate exercise “high”.