

Chapter 3 Lesson 4 Managing Your Stress

Objectives

- **Identify** eight physical signs of stress.
- **Identify** eight mental or emotional signs of stress.
- **Discuss** three tools for managing stress.
- **Discuss** why sharing emotions can help relieve stress.



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Chapter 3 Lesson 4 Managing Your Stress

Start Off Write

How do you know when you are stressed?



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Recognizing Stress

- **What Is Stress Management?** Managing stress is part of mental and physical health. Stress management is the ability to handle stress in healthy ways.
- **First Step to Stress Management** The first step to managing stress is recognizing that you are stressed.



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Stress—even positive stress—produces warning signs.

Common Signs of Distress

Physical signs

headaches
dry mouth
teeth grinding
shortness of breath
pounding heart
muscle aches
fatigue
insomnia

Emotional and mental signs

frustration
depression
irritability
worrying
confusion
forgetfulness
poor concentration
loneliness



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Handling Distress

- **Stress Management Tools** Ways to manage distress include the following:
 1. Asserting yourself
 2. Planning ahead
 3. Laughing



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Sharing Emotions

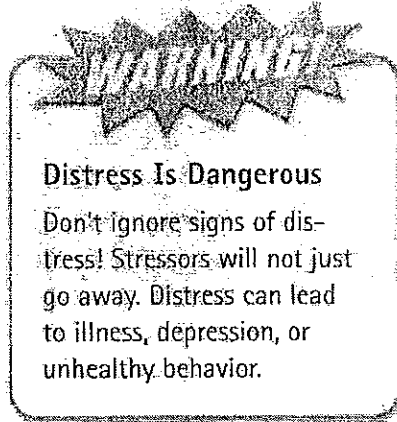
- **What Are Emotions?** Emotions are the feelings produced as you respond to something in your life.
- **Talk About How You Feel** Wanting to share your emotions with other people is natural. Often, just talking about your problem will help you solve it. Talk to a grownup you can trust—a parent, relative, teacher, religious leader, or guidance counselor.



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Sometimes, just talking about a stressor makes the stressor seem less stressful.



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Taking Time for Yourself

- **Personal Time** Personal time lets you forget all your stressors for a little while. It is time when you can relax.
- **Planning Personal Time** Plan all the things that you must do during the day and find 30 minutes of time where you can do something just for yourself.



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Chapter 3 Lesson 5 Preventing Distress

Objectives

- **Explain** why preventing distress is important.
- **List** five ways of preventing distress.
- **Describe** how making a plan can prevent distress.



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Chapter 3 Lesson 5 Preventing Distress

Start Off Write

Describe two ways you prevent distress in your life.



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Lesson 5 Preventing Distress

Stopping Distress Before It Starts

- **Plan Ahead!** You may be able to stop much of your distress before it starts if you have a plan. And you will be prepared for much of the distress that you cannot stop.
- **How Can a Plan Help?** If you plan for stressors that are coming, you will be ready for them. With a plan, you will feel like you have control over your life.



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Lesson 5 Preventing Distress

Other Tips for Preventing Distress

- **Take Care of Yourself** Other ways to take care of yourself include:
 1. getting plenty of sleep
 2. eating lots of fresh fruit and vegetables
 3. setting realistic long-term and short-term goals
 4. having fun and playing outside
 5. believing that every problem has a solution
 6. finding something to laugh about every day
 7. setting a goal to learn something new every day
 8. treating other people with respect



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Lesson 5 Preventing Distress

Planning For School

- **What Is Time Management?** Time management is making appropriate choices about how to use your time.
- **Prioritizing** Look at your schedule to see if you have time for everything. Then, prioritize your tasks. To prioritize is to arrange items in the order of their importance.



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Lesson 5 Preventing Distress

**LIFE SKILLS
ACTIVITY**

MAKING GOOD DECISIONS

Explain why prioritizing your tasks is important. How would you use the six steps for making decisions to prioritize your school assignments and your personal time.

Decide how important a task is by imagining what will happen if you don't do it.



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Planning For Anything

- **Planning an Activity** You can plan for any activity. And when you make a plan, it should include all the information and list all the supplies you need for a task.
- **Fixing Your Plan** If your plan doesn't seem to be working, ask someone for help. Find a person you trust. Ask that person to review your plan.



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