

Activity

Life Skills: Communicating Effectively

Lesson: Managing Distress

CREATING AN EXERCISE PACKAGE

Read the following situation, and answer the questions that follow.

Imagine you are the director of advertising for a company that provides stress management products. You're excited because you're about to launch a new exercise package to help people manage their stress by planning their physical exercise activities. The package is going to include a calendar, a stress management checklist, a list of distress management tips, and a video of exercises.

1. What is one thing you would include on the stress management checklist?

2. What are two things you would include on the list of distress management tips?

3. Write a 2-sentence introduction for the videotape. Be sure to highlight why physical activity is important in managing stress.

4. If you had to choose someone who would present a positive image for your new product to star in the videotape, who would it be? Please explain.

Activity

At-Home Activity

Top Ten Stressors

Discuss what you've learned about stress with a parent or guardian. Mention that everyone experiences stress at one time or another. Talk about stressors and the fact that a stress response can be both distress and positive stress. Then, create your own Top 10 List of Stressors, remembering that half of the entries should be positive stressors. Everyone in your family can participate. You can even put down entries for your family pets! Use the table below for your list, or feel free to use any other medium.

Top Ten Stressors
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

1. What observations can you make about the stressors in your family's life?

2. Was it easier to come up with the distressful stressors or the positive stressors?

3. Did you find that everyone in your family shared some of the same stressors?

The signatures below verify that our discussion has take place.

Student Signature

Class Period

Parent or Guardian Signature

Date

7th

Enrichment Activity *continued*

Lesson: Managing Distress

Recognizing distress helps you deal with it as soon as you possibly can.

1. Why is dealing with distress quickly so important?

2. Match an outcome of distress to each of the following warning signs of distress. (Example: an outcome of forgetfulness might be failing to bring your project to school on the due date.)

Warning Sign of Distress	Outcome
Teeth Grinding	
Mood Swings	
Frustration	
Fatigue	
Depression	

3. After completing this chapter, do you think you'll be able to know when to get help for yourself or a friend? Explain your answer.
