

Presentation Notes for Just Chill: Don't Stress Out!

Slide 1



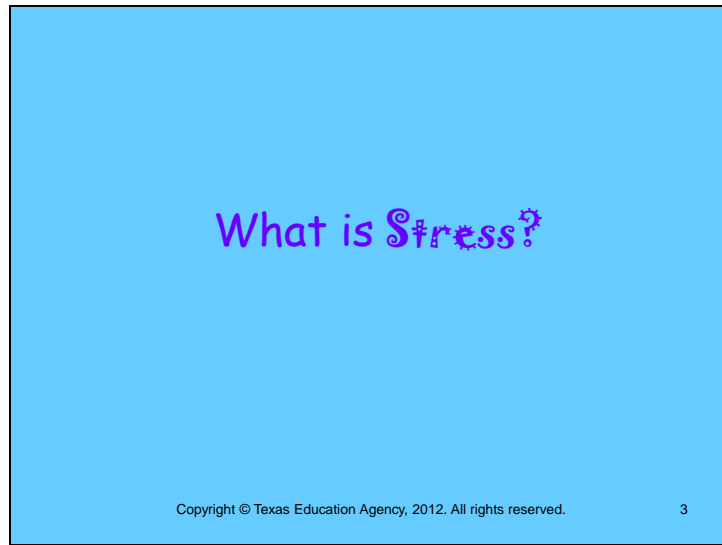
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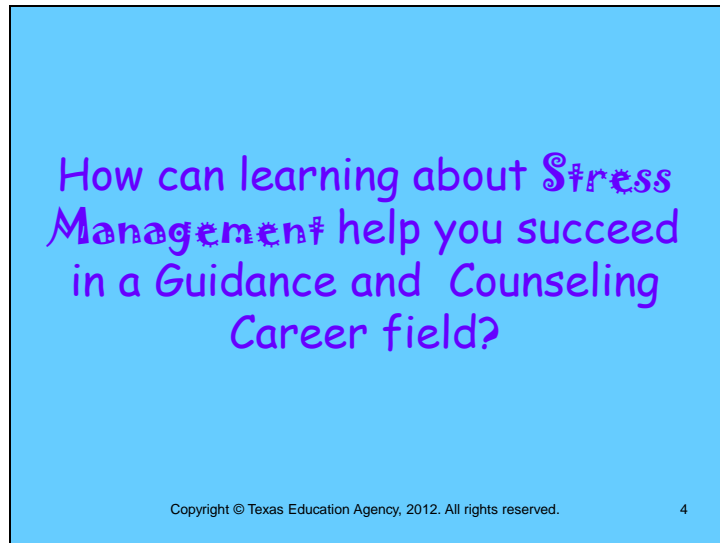
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Slide 3



Brainstorm—define.

Slide 4



How can learning about **Stress Management** help you succeed in a Guidance and Counseling Career field?

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Discuss as a class.

Common Symptoms of Stress

- stomachache
- sweaty palms
- nervousness

Can you think of more?



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Create a longer list which includes but is not limited to: butterflies in stomach, feeling nauseous, faster heart beat

Common Signs of Stress

- nail biting
- over eating
- withdrawing from friends, family and activities
- sleeping too much

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Discuss and add to list.

**Sources of Stress during
Childhood**

- losing a pet
- parents divorce/separate
- a new school
- change in physical appearance (glasses, braces)

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Discuss Counseling and Mental Health Professions that relate directly to working with children.

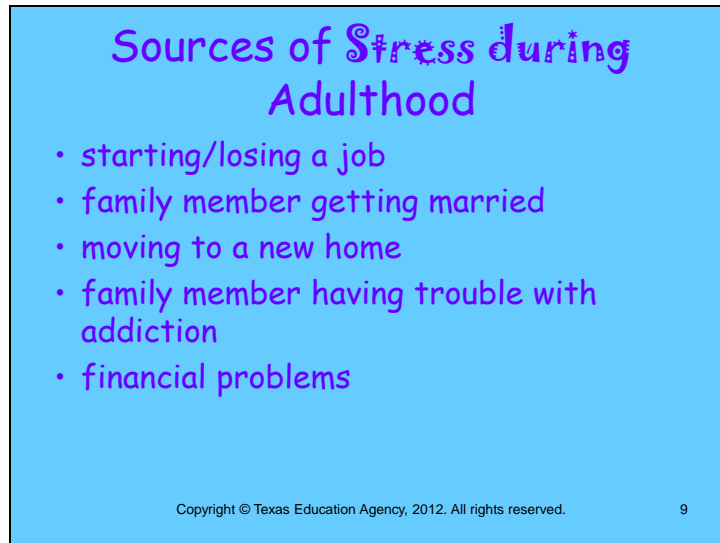
Sources of Stress during Adolescence

- school, tests, state exams
- disagreements with family or friends
- issues with peers
- physical problems

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Discuss Counseling and Mental Health Professions that relate directly to working with adolescents. Discuss each bullet point in detail. Have students to look closely at their habits, attitudes, life style and excuses.

What are some other sources of stress during adolescence?



Sources of Stress during Adulthood

- starting/losing a job
- family member getting married
- moving to a new home
- family member having trouble with addiction
- financial problems

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Discuss Counseling and Mental Health Professions that relate directly to working with adults.

**Sources of Stress during
the Senior Years**


- *Getting injuries/accident*
- *physical/health problems*
- *losing spouse/friends*

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Discuss Counseling and Mental Health Professions that relate directly to working with seniors and the elderly population.


Healthy Ways to Manage with Stress

- Talk to someone
- Go for a walk
- Listen to music
- Play with a pet



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**Taking a Nap
vs.
Sleeping TOO Much**




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Taking a nap and waking up feeling refreshed is a great stress reliever; however, sleeping TOO much and not wanting to get out of bed to face the challenges of the day (or your life) is unhealthy.

Relax and Have FUN!

- Take a soothing bath
- Go see a movie
- Read a good book
- Write in a journal
- Get a massage
- Meditate



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What are some ways you like to relax and have fun?

Resources and References

- Causes of Stress
 - Source: Changing Minds
 - Stress affects us all. If you can spot the symptoms, you can manage them.
 - http://changingminds.org/explanations/stress/stress_causes.htm
- Effective Stress Management
 - Source: NASA Occupational Health
 - Factors that can trigger stress
 - http://ohp.nasa.gov/cope/stress_sources.htm

Resources and References

- Stress Management
 - Source: Help Guide, a trusted non-profit resource
 - How to reduce, prevent and cope with stress.
 - [Http://helpguide.org/mental/stress_management_relief_coping.htm](http://helpguide.org/mental/stress_management_relief_coping.htm)
- Stress Today
 - Source: The American Institute of Stress
 - Dealing with stress and how stress levels are increasing in children, teenagers, and the elderly
 - www.stress.org/americas.htm