About Stress - Level 2 Student Activity Guide



Think About It:	
1. What can be stressful for teens your age?	
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2. How do you usually cope with stress?	
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Brain Quiz!

- 1. The top five stressors for teens include all of the following EXCEPT:
 - a. Cartoons
 - b. Family Problems
 - c. School Issues
 - d. Body Image
 - e. Friends
 - f. Romantic Relationships
- The ______ is a part of the brain that is constantly searching the environment for things that we perceive as stressful.
 - a. Brainstem
 - b. Pre-Frontal Cortex
 - c. Occipital Lobe
 - d. Amygdala
 - e. None of the above

- 4. Feeling overwhelmed and changing the way we feel by avoiding the stress is called
 - a. Anxiety
 - b. Self-Compassion
 - c. Active Coping
 - d. Avoidant Coping
- 5. Facing problems and finding solutions, even when it is difficult and doesn't feel good is called
 - a. Anxiety
 - b. Self-Compassion
 - c. Active Coping
 - d. Avoidant Coping

Activity #1 Write About It:
Self-Compassion means understanding that you are human and by definition, imperfect. Showing self-compassion is soothing yourself when experiencing emotional challenges. Write two sentences that you can use as a personal mantra when experiencing emotional challenges, especially as a result of imperfection.
Activity #2 Group Lesson:
In groups of 3-5 members, share times when you feel stressed or things that cause you stress and the strategies that you use to cope. Practice active listening and provide support to your group members. If there is a stressor for which a group member does not have a coping skill, offer suggestions.

Activity #3 Extended Learning:

H.A.L.T.S. is an acronym that reminds us to question whether we are hungry, angry, lonely, tired, or stressed.	
Create an acronym that reminds you of your go-to coping skills.	

