## **About Stress - Level 3** Student Activity Guide

e. None of the above



Think About It:	
1. What can be stressful for teens your age?	
2. How do you usually cope with stress?	
Brain Quiz!	
Ordin Volai	
The top five stressors for teens include all of the	3. The stress hormone is
following EXCEPT:	<u></u>
a. Cartoons	4. Feeling overwhelmed and changing the
b. Family Problems	way we feel by avoiding the stress is called
c. School Issues	·
d. Body Image	a. Anxiety
e. Friends	b. Self-Compassion
f. Romantic Relationships	c. Active Coping
	d. Avoidant Coping
2. The is a part of the brain that is	
constantly searching the environment for things	5. Facing problems and finding solutions, even
that we perceive as stressful.	when it is difficult and doesn't feel good is called
a. Brainstem	
b. Pre-Frontal Cortex	a Anvioty
c. Occipital Lobe	a. Anxiety b. Self-Compassion
d. Amygdala	b. Self-Collipassion

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.