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**M2 Lesson 2: Stop and Consider Stress**

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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Big Ideas:

* Finding balance between personal and work life promotes well-being

Curricular Competencies:

* Practice effective strategies for healthy school / work / life balance
* Communicate with the intent to highlight personal strengths, talents, accomplishments and abilities
* Identify career-life challenges and opportunities, and generate and apply strategies

Assignment

Something we all have in common is that we all have 24 hours a day, that's 168 hours per week that we need to split between school, extra-curricular commitments, our hobbies, down time we need with friends and family, and sleep! Most of us wonder where the time has gone on any given day, and some of us feel like we have too much on our plate. In this visual assignment, you will use the "plate" to really think of an average day in your life (24 hours). By mapping out how you spend a typical day, you will come to find that there are many pockets that you could spend time more wisely.

Before completing the chart, think critically about how you spend your day. Make a list with times before completing your plate. What areas of your life demand more attention than others?

“What’s on Your Plate?” attachment can be found under the attachments column.

Assessment