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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

In this lesson and activities, students will learn about the causes of stress, and how their own time management can impact the level of stress in their lives.

Lesson:

Stress is a hot topic for many students and it is important for students to know how stress can affect their mental and physical well being. Start with an introductory discussion with students about their stress and the stress of their peers or family members. How have they witnessed stress negatively impacting someone’s life?

Discussion - I'm sure you have all experienced stress at one time or another. Maybe it was from committing to too many activities or needing to pass your next math test. And we all know how stress can impact us both physically and mentally! Either way, knowing what is causing your stress is an important step in helping you overcome it.

**What are some things that perhaps cause you stress at school?** (Consider brainstorming as a class beforehand)

* *Upcoming tests* - maybe you are worried about getting a good grade or making sure you don't procrastinate and give yourself time to study.
* *Too much homework* - are you overwhelmed or frustrated by homework? This will make it harder to complete assignments, causing a stressful cycle where homework piles up.
* *A heavy workload* - it could be advanced-level classes or the amount of studying required, but a heavy workload can be a major source of stress for students.
* *Too little “down time”* - if your schedule is really busy, you may become overwhelmed because you are left with no free time to relax, causing you stress.
* *Poor sleep schedule* - not getting enough sleep will make it difficult for you to concentrate and learn effectively, leading to feelings of stress.
* *Participating in class -*for some students, the thought of having to speak in front of the class can be terrifying, which could create a stressful situation.
* *Lack of support -* a lack of support from parents or teachers, even if it’s only perceived, may be creating stress in your life.
* *Transitioning to a new environment -* have you made a major move lately, or a transition from one school to another? New classes, new teachers, and new routines can all be stressful for students.
* *Changes to routine*- routines including dedicated homework time and a consistent sleep schedule will help guide you through the day. When you change your routine, you may find it difficult to manage your time, leading to more stress.
* *Lack of organization* - if your organizational skills are not what they could be, you may experience more stress in school.

A lot of stress could be alleviated through **time management -** start to consider where you actually spend your time in your next assignment!

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?

\*Attachment is in the portal under “Assignment”\*

Extension

Have students partner up and show each other their plate. Have them discuss their stress levels in relation to how they spend their time and give them time to develop a stress management plan for the term.

Assessment