**Stress Awareness**

*School*: Steinmetz College Prep

*Subject*: Stress Awareness

*Grade*: 9-12

*Duration:* 1 session

**ASCA Standards**- Personal/Social Development

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**Competency C1**: Acquire Personal Safety Skills

PS:C1.10 Learn Techniques for managing stress and conflicts

PS:C1.11 Learn coping skills for managing life events

**Learning Objectives**

Students will be able to:

* Define stress
* Determine how stress is impacting their life
* Identify possible stressors
* Define commons symptoms of stress
* Identify coping mechanisms for stress

**Materials**

* PPT
* Stress Test handout
* Paper funnel
* Balloons
* Flour
* Boxes/ containers
* Stress ball consent forms
* Markers

**Lesson Procedures**

1. Counselors will start an overview of Stress Awareness month and introduce the definition of stress. The counselors will utilize the power point presentation which addresses distress, productive stress, bodily stress, and stressors.
2. Students will complete a Stress Test to gauge how stress impacts them on a daily basis. Counselors will guide the students to reflect upon whether or not they agree or disagree with their scores and the level of stress they experience on a daily basis.
3. Counselors will ask the students to identify possible stressors and introduce a list of stressors that they may encounter on a daily basis.
4. Counselors will lead a discussion that is outlined by the power point that addresses the effects of stress, stress symptoms, the positive components of stress, and different coping mechanisms.
5. Counselors will reflect on the benefits of a stress ball. Students will be guided through the process of making their own stress balls.
   1. Students will sign a consent form stating that they are aware of the discipline consequences if they use their stress ball inappropriately
   2. Students will be put into groups that will share a container/box to minimize the mess of the flour
   3. Using funnels, students will guide flour into their balloons
   4. Once the balloon is filled with flour, the students will be allowed to decorate their stress ball
6. If time permits, counselors will lead students through a guided imagery relaxation.
7. With the remaining time, counselors will lead a discussion that will allow students to reflect on what they have learned and emphasize the importance of dealing with stress through the coping skills that were introduced.