

Lesson Plan: Ways to Manage Stress

Objective:

As a result of this lesson, students will be able to list and describe a number of different techniques that can be used to manage stress effectively.

Lesson Introduction:

Everyone experiences stress at some time or the other. That's why it's so important to know how to effectively manage stress. The more options you have for keeping stress under control, the better you will be able to cope with the stressors you experience throughout your daily life.

Strategy:

This lesson is best delivered using a discussion format, asking students to share their thoughts and ideas about stress management.

- As the instructor, you should serve as facilitator, encouraging participants to share their suggestions, providing feedback for each.
- Ask students to give examples of strategies they have used to deal with stress that they have experienced in the past.
- Also ask for examples of activities they can do on an ongoing basis to help them be prepared to effectively handle stress-inducing situations as they arise.
- Use a whiteboard to record student contributions, categorizing ideas under major stress management technique headings.
- Be sure that all major categories of stress management strategies are included, with several specific suggestions listed under each one.
- Contribute ideas yourself as needed to facilitate student discussion and participation.

Discussion Content/Direction:

While the exact lists your students come up with through class discussion may vary, ensure that the finished lists include the following information, along with other good suggestions shared by your students.

Category 1: Relaxation Techniques

- Meditation
- Deep breathing exercises
- Visualize yourself in calming situations
- Use aromatherapy
- Have massage therapy

Category 2: Exercise/Physical Activity

- Stretching
- Swimming
- Walking
- Yoga
- Running
- Kick boxing

Category 3: Proper Nutrition

- Eat a well-balanced diet.
- Drink plenty of water.
- Avoid eating processed foods.
- Avoid overeating.
- Reduce the amount of caffeine you consume.

Category 4: Get Enough Rest

- Get plenty of sleep.
- Periodically take breaks to rest your mind and body.
- Avoid taking sleeping pills.

Category 5: Set Goals

- Set small, achievable goals along the way.
- Keep track of your progress.
- Celebrate when you reach milestones toward accomplishing goals.

Category 6: Communication

- Express your feelings rather than bottling them up.
- Keep a journal as a means of self-expression.
- Talk with friends and/or family members.
- Participate in counseling or therapy.

Category 7: Coping with Circumstances

- Meet challenges head-on.
- Do not fall into a pattern of avoidance behavior.

Learning Outcome:

Use the lists generated as a result of class discussion to create a stress management techniques document that students can use as a point of reference for dealing with their own circumstances, as well as to serve a study guide to demonstrate mastery of stress management strategies.