

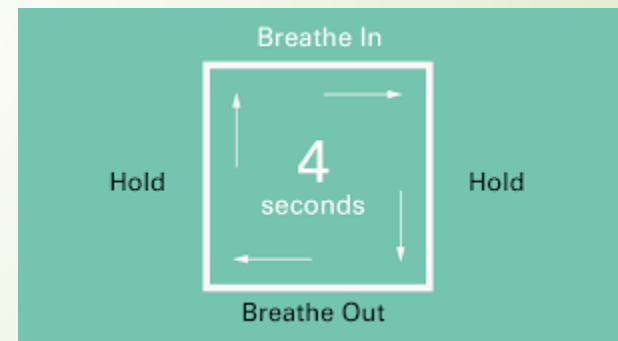


# Tools for Managing Stress for Students

What have you done this month to bring balance to your life?



Try some Box Breathing:



# Types of Stress

<u>Day-to-Day</u>	<u>Cumulative/Distress</u>	<u>Extreme/Traumatic</u>	<u>Vicarious/Secondary</u>
<ul style="list-style-type: none"><li>•Getting to school on time</li><li>•Bad weather</li><li>•Job interview</li><li>•Deadline to complete a project</li></ul>	<ul style="list-style-type: none"><li>•Peer pressure</li><li>•Social worries</li><li>•Hurtful relationships</li><li>•A lot of homework</li></ul>	<ul style="list-style-type: none"><li>•Death of a loved one</li><li>•Car accident (experienced or witnessed)</li><li>•Natural disaster</li><li>•Being bullied</li></ul>	<ul style="list-style-type: none"><li>•Hearing stories of serious loss</li><li>•Supporting people who are experiencing traumatic stress</li><li>•Over exposure to violent or upsetting stories in the media</li></ul>



## How To Make Stress Your Friend

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

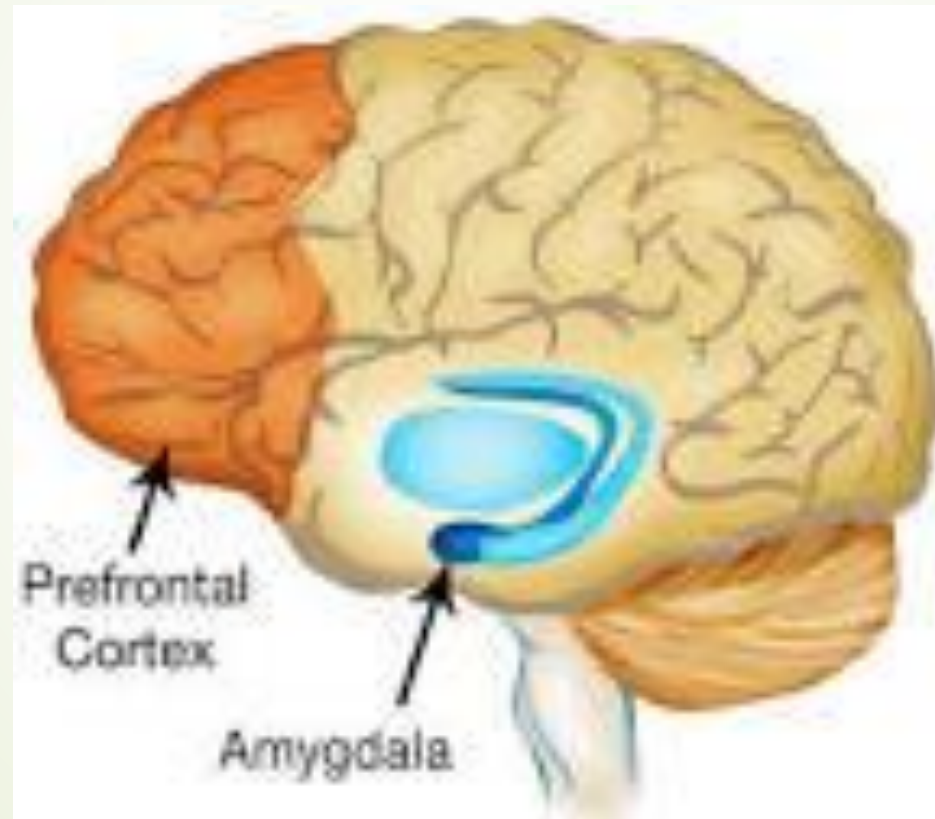
Stress is the body's reaction to a challenge. Though stress is often perceived as bad, it can actually be good in some respects. The right kind of stress can sharpen the mind and reflexes. It might be able to help the body perform better, or help you escape a dangerous situation.

by Kelly McGonigal

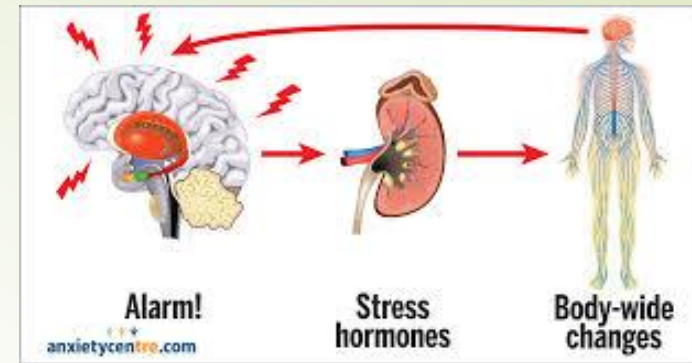
- appropriate for grade 7 and up

This TED talk challenges you to think about stress differently.

Neurons that fire together,  
wire together.



# The Stress Response



## Amygdala

- Detects threats
- Flight, fight or freeze
- Stress hormones
- Keeps you safe
- Intense emotions
- Defensive, fear-based
- Stores memories of events

## The Prefrontal Cortex

- Regulates emotion
- Calms fear
- Self-control
- Empathy
- Planning and goals
- Decision –making
- Problem solving – seeing choices

Click on this video to learn more about the fight, flight and freeze responses of the amygdala.

[https://www.youtube.com/watch?v=jEHwB1PG\\_-Q](https://www.youtube.com/watch?v=jEHwB1PG_-Q)

# Common Signs of Stress



What are your signs of stress?

Click on this video to learn more about stress

<https://www.youtube.com/watch?v=CZTc8FwHGM>

# S.E.E.C. Good Mental Health

- S- Sleep (8-10 hours)
- E- Exercise ( 30 min/day)
- E- Eat Well (lots of fruit and veg, cut out sugar)
- C- Connections (to others, culture, environment and creativity)



These are the pillars of good mental health. It is wise to incorporate them into your everyday life. Practice good mental health even when you are feeling good. Discuss ways of meeting these needs. Try something new to change your situation.




Get your daily D.O.S.E. of happiness chemicals!



<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"><li>• Completing a task</li><li>• Doing self-care activities</li><li>• Eating food</li><li>• Celebrating little wins</li></ul> 	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"><li>• Playing with a dog</li><li>• Playing with a baby</li><li>• Holding hands</li><li>• Hugging your family</li><li>• Giving compliments</li></ul> 
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"><li>• Meditating</li><li>• Running</li><li>• Sun exposure</li><li>• Walking in nature</li><li>• Swimming</li><li>• Cycling</li></ul> 	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"><li>• Laughter</li><li>• Essential oils</li><li>• Watching comedy</li><li>• Dark chocolate</li><li>• Exercising</li></ul> 

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A simple way to release happiness chemicals....



Be Kind and help  
others

Watch the “Kindness Boomerang”:

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

# Mental Health Motto: Lower the Stress, Enrich the Relationship

## Stay Connected

- Build on **relationships** at home and virtually.
- Take the **extra time** with your family to explore, play, talk, and learn together.
- Spend time with your **pet**.



- Be **present**.
- **Call** a friend.
- Talk to an **Elder**.
- **Video chat** with a relative.
- **Check in** on others.

## Get Active

- **Get out on the land!**
- Find a **new trail** to hike.
- Have a **schedule** and do your everyday activities to stay on track and **keep routine**.
- **Exercise at home:** find some fun dance or work out videos on YouTube – get the kids involved!
- Aim for at least 30 minutes of **daily physical activity**.
- Remember to get **enough sleep** to give your body the energy it needs!
- **Learn about your culture**.



## Instructions

1. Pause to check up on yourself – **how are you feeling?**
2. **Consider** each strategy listed.
3. Which one works best for you **right now?** It might be a different strategy tomorrow, but that's ok.
4. Give it a **try!**

## Think Positive

- Let go of what you **can't control**, and focus on what you **can control** – discuss feelings regularly.
- **Minimize** time spent reading the news.
- Ask yourself: What am I **grateful** for today?
- **Continue doing** the things that you **enjoy**.
- **Celebrate** what is going well.

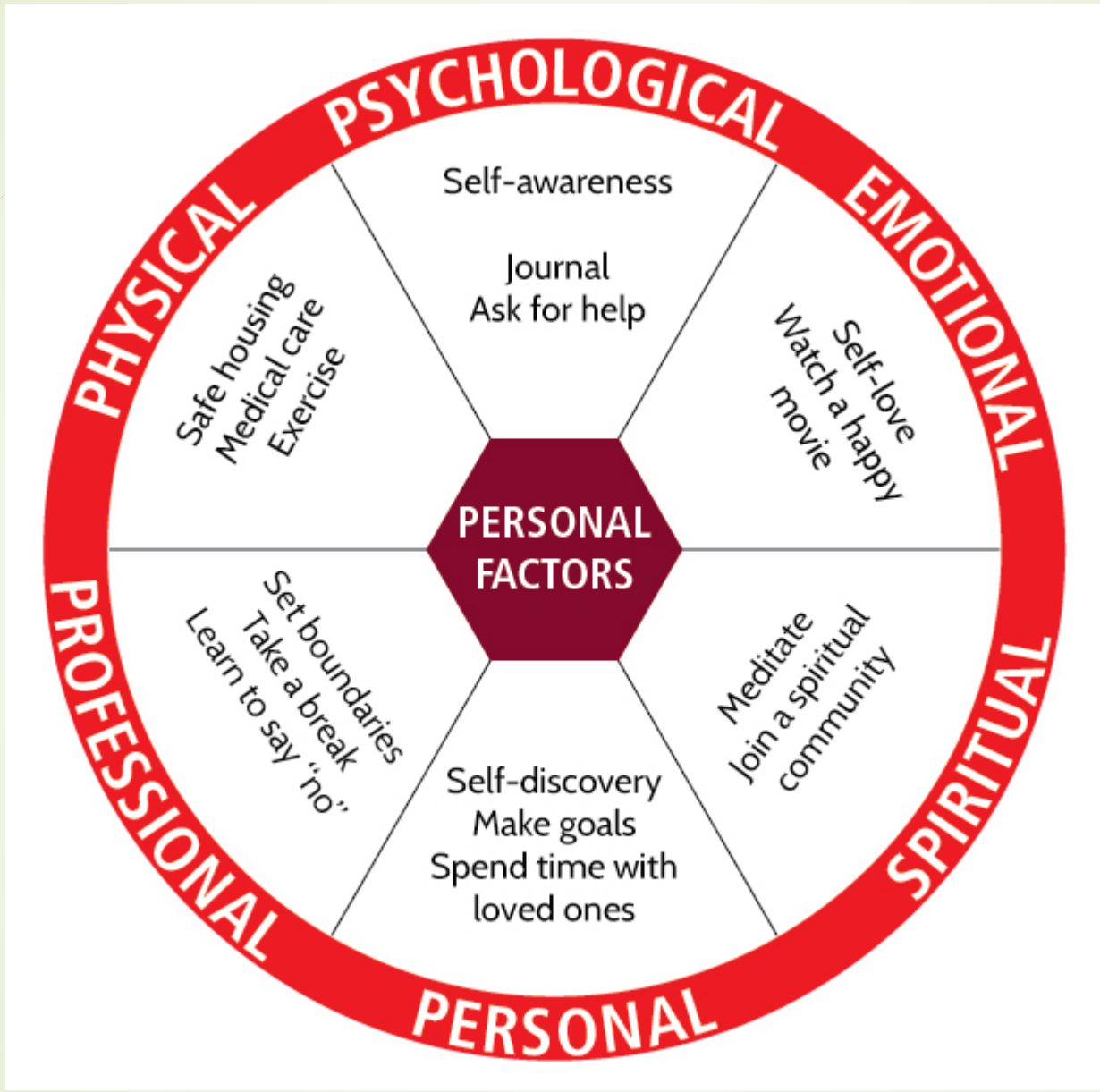


## Remain Calm

- **Slow your body down:** this calms your brain and relaxes your body.
- Listen to your **favourite music** and relax: go for a walk, stretch, or lay down.
- Stop, take **5 deep breaths**, tightening and releasing your muscles.
- **Visualize** a peaceful place, like the forest, beach, or mountain.
- **Read a book.**



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What strategies do you use that work?

# Relaxation/Mindfulness



Why mindfulness is a super power?

<https://www.youtube.com/watch?v=w6T02g5hnT4>

The scientific power of meditation

<https://www.youtube.com/watch?v=Aw71zanwMnY>

## Tips

1. You can't do it wrong – no judging!
2. Any posture or place works.
3. Just notice the here and now.
4. Build in when living is easy, so you can recall in times of stress.

# PROGRESSIVE BODY RELAXATION

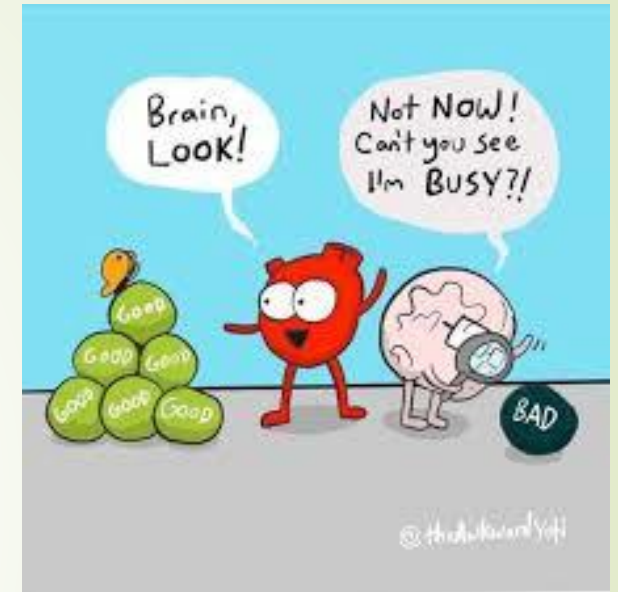
<https://www.youtube.com/watch?v=8Xp2UzG7UYY>

Click on the link and try one example of mindfulness



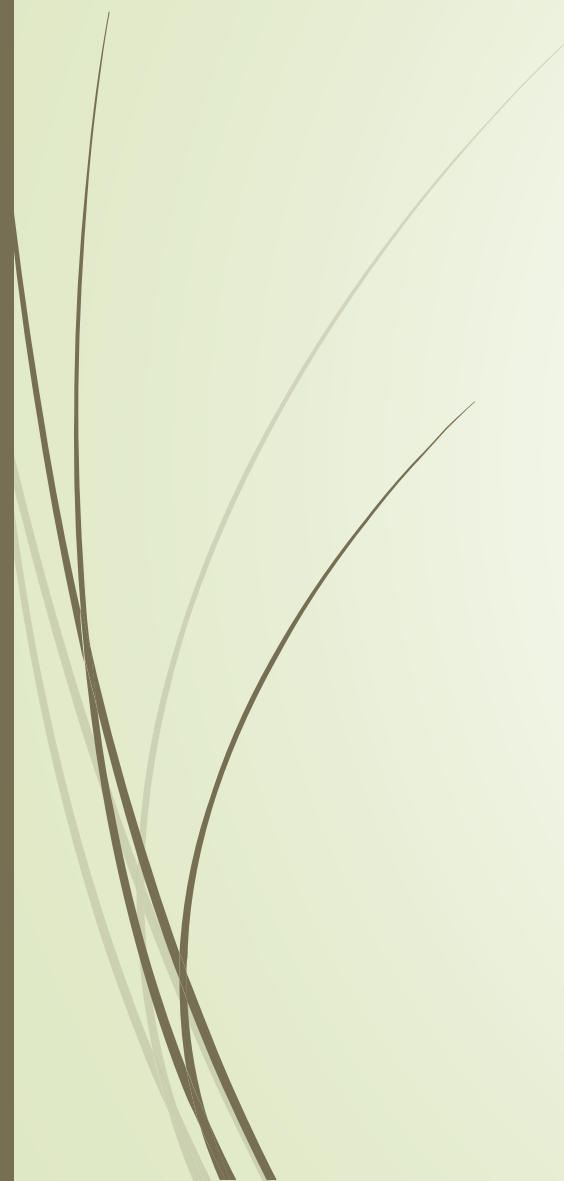
# The Negativity Bias

“Your brain is like Velcro for negative experiences, but like Teflon for positive experiences”



## Gratitude Mindfulness

- Notice 3 things that you feel grateful for, feel good about, going well. It can be a person, location, activity, quality, object, pet or food.
- Stay with it. Notice it. Savour it.
- Daily practise. Set an intention to notice the good “stuff” in life.

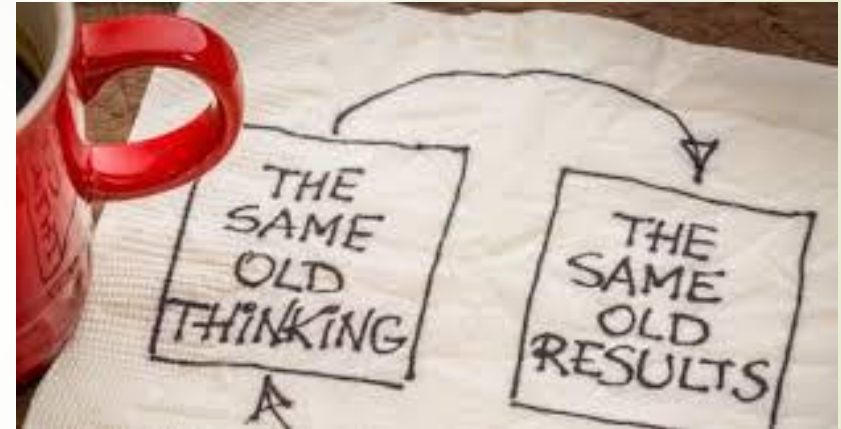


Focus on what you can control



# Challenge Thoughts

- Notice it.
- Is it realistic?
- Is it kind?
- Is it helpful?
- Get evidence.
- Replace thinking.



# Practice Positive Affirmations

Think of a saying or a mantra that you can repeat to yourself in times of high stress.

Some examples:

One day at a time

Will it matter in a year

I've got this



# Time Management

- Stay organized
- Figure out a system that works for you
- Take one step/day at a time
- Learn to say no (if you can)
- Find time to pursue your passions
- Don't procrastinate!

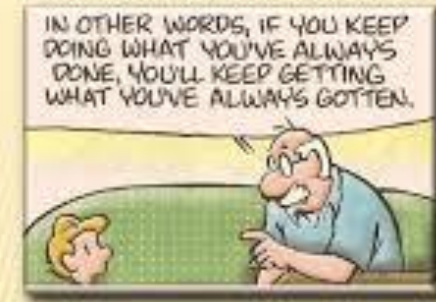


# Problem-Solving

1. Figure out what's bothering you.
2. Think of different solutions.
3. List pros and cons of each solution.
4. Try doing something to solve the problem.

Tips if you can't think of a solution:

- ❖ Ask another person (adult, friend, counsellor)
- ❖ Pretend your friend has the same problem, what advice would you give them?



## Lunacy

Doing the exact same things over and over but expecting different results.





# Avoid Negative Coping Strategies

If you talk to people who started using drugs, alcohol, cigarettes or vape, many claim it was to deal with stress.

However, it doesn't actually deal with the stress, it hides the problem temporarily and creates more problems like money, doing things you regret or even getting addicted.

Ask the people who started using substances for stress management, when they get older, they always regret starting...

Can you think of any other negative coping strategies?



Be kind to yourself  
and seek help if your  
stress is overwhelming.

Whenever you  
need to talk,  
we're open.

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868



Kids Help Phone 



What new stress  
management strategy are  
you going to try this  
month?

