

EQ @ Home or School—for Families

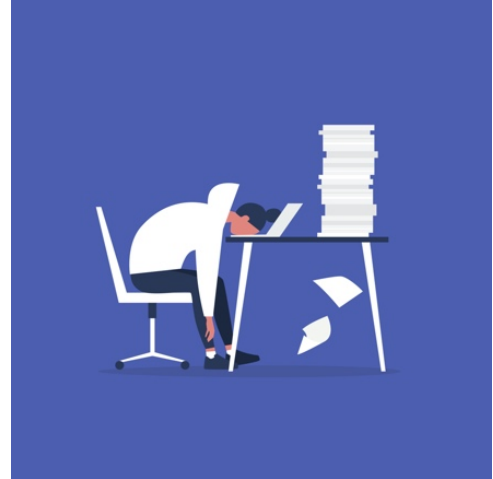
MANAGING STRESS

DS4.4: Applying Stress Management Strategies

* Discussion questions are for everyone to answer including parents. [Student-teach] what you remember from class.

Lesson Overview: Proactive stress management is similar to boiling noodles. If you keep an eye on it, you know when the water is starting to boil and you can turn down the heat. If not, it usually suddenly boils, overflows, and makes a big mess.

In this lesson, students learn more about common thoughts, physical feelings, and behaviors that come with different levels of stress. Mild stress has different sensations than full-blown panic stress. Being aware of when we have mild stress symptoms can help us know it's time to try to de-escalate before it gets worse.



Family Discussion Questions* (review norms → then discuss):

[All family discussion questions start with this same question from DS1.2 that everyone answers:]

- **On a scale of 1–10, how are you feeling and why?** (1 = awful! 10 = awesome!) Please give a "feeling word" and then say more about why you are feeling that way today.
- **[Student-teach] What are the indicators of low, medium, and high stress levels?** Describe the thoughts, physical sensations, and behaviors you experience in each zone:

Family Discussion Norms

- Speaker has full attention and support.
- Choose listening over lecturing.
- Be open-minded to the opinion of others.
- Look for the good in each other and your time together.

		THOUGHTS	PHYSICAL FEELINGS	BEHAVIORS
	RED (Stress response!)			
	YELLOW (Getting worried)			
	GREEN (No worries)			

- **[Student-teach] Why is the "yellow zone" so important?** (You can deescalate before red.)

Family Activity:

Download a stress test app (e.g., "StressScan") and start monitoring your levels throughout the day. What triggers higher stress levels? What happens when you apply a stress management strategy?