

EQ @ Home or School—for Families

MANAGING STRESS

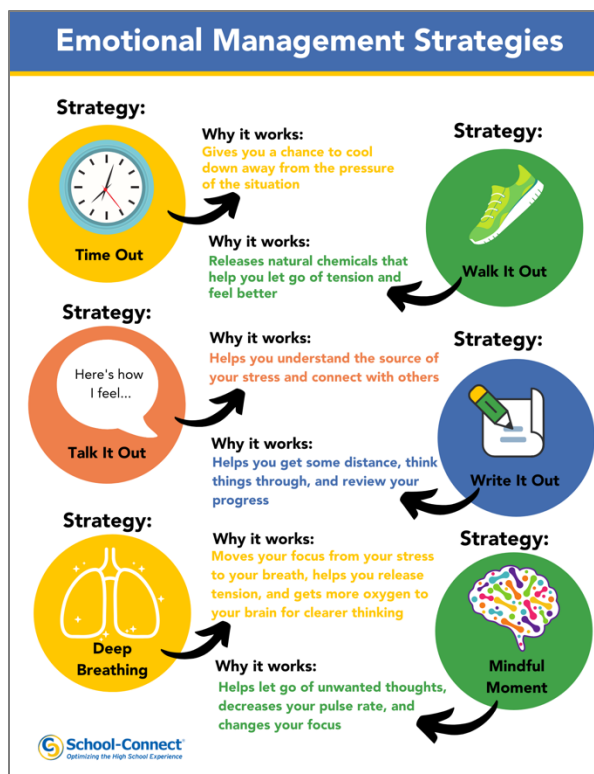
DS4.3: Analyzing Stress Management Strategies

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

Lesson Overview: In the last lesson, students learned about how our thoughts can affect our stress level (negative thoughts fuel higher stress levels and vice versa). This lesson is about how our actions can help alleviate stress.

When a trigger (e.g., a stressful situation) and the symptoms (e.g., racing heart/mind) arise, we can proactively take steps to soothe rather than escalate stress. The first step is usually a "Time Out." Step away from the situation as much as you can (e.g., a walk to the restroom). Give yourself time to calm down and reassess the situation. After that, know which stress management strategies work best for you and when/how to use them.

Note to parents: When your child is highly stressed, talking to them will likely make it worse. Give them time to calm down (time out, walk it out) before you try to problem-solve.



Family Discussion Questions* [review norms (shown on previous page) 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 think you are feeling that way today.
- When you are feeling stressed, what do you usually do to try to help? [It might be a combination of healthy (e.g., exercise) and less healthy (e.g., binge watching or eating) strategies.]
- [Student-teach] What are some recommended stress management strategies?
- Which of these strategies do you think would work for you? And/or what else would help?

Family Activity:

This is an odd request, but think of a stress-inducing situation you could do as a family. COVID-19 conditions permitting, try playing a sport or studying for a test or doing a timed scavenger hunt (there are great scavenger hunt apps online). As you feel your stress levels going up, use stress management strategies to calm your thoughts and your body. Reflect on the effects, and keep practicing the strategies in different settings (at home, at school, at work).