SECTION ONE: TITLE

I: Topic – Importance of Self-Care

Goal: To Define stress, causes of stress, how stress affects the body, and ways to reduce stress through self-care.

Activity:

Begin lesson with open discussion in a large group to define stress. Stress is the natural reaction of your brain and body to a demand or change. Routine stress happens every day to everyone in activities of school, work, demands of hobbies and family responsibilities. Self-care will help to avoid acute, traumatic, and chronic stress; all of which can cause serious mental and physical damage when left unchecked.

ACTIVITY INSTRUCTIONS: Break into groups of 4 and discuss stress keeping in mind that stress can be a positive as well as a negative condition. Group members consider stress is different for each person. List the groups ideas and thoughts about stress and pick one student as a reporter to share in large group. Examples: nervousness before a test or the big game, good stress will help you leave an unsafe situation where you are being pushed into during something harmful; stress cause you to respond in a way to keep you safe. Negative stress could be worrying about family problems, illness, demands at school to improve your grades. Negative stress hurts your body in ways you can’t see.

DISCUSSION QUESTIONS:

- How can you explain what your body does when you feel stress, can you see stress on your body?
- What examples of traumatic and chronic stress can you think of?
- Why is it important to reduce or limit the amount of stress you experience?
I: Topic Two – Ways to Limit Stress by beginning Self-Care Practices

Goal: To promote self-care and to intentionally engage in self-care practices

Activity: Guest speaker to will present numerous activities and ways to establish self-care.

Introduce guest speaker, who has prepared a list of ideas to begin self-care and also a demonstration of very simple ways students can begin using ways right in the classroom to limit their stress levels.

Examples: practicing self-care becomes a habit that we do daily, it is an activity that we enjoy that will bring us peace and energy, we can self-preserve our minds and bodies so as to take care of others and be full-filled in our daily lives.

Before listing techniques on the white erase board, the guest speaker will ask everyone to stand and try very simple stretches that can be done briefly everyday in the classroom to relieve tension and stress. Stretching the body and deep breathing for a short period of time can be an easy way to begin self-care.

Students are encouraged to ask questions of the speaker which may include the following:

- How can a student get involved when their family doesn’t support them?
- What are the other ways of learning to relax and begin to enjoy self-care?
- Why is change easy to do for a short time but not followed through long term?

Students will keep the list of techniques with them for future reference as they begin to think about adding self-care to their daily routine.