

# TEACHER TO TEACHER

*across the world*



**Friend or foe** - what is stress and how to deal with it?

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*lessons for teens*

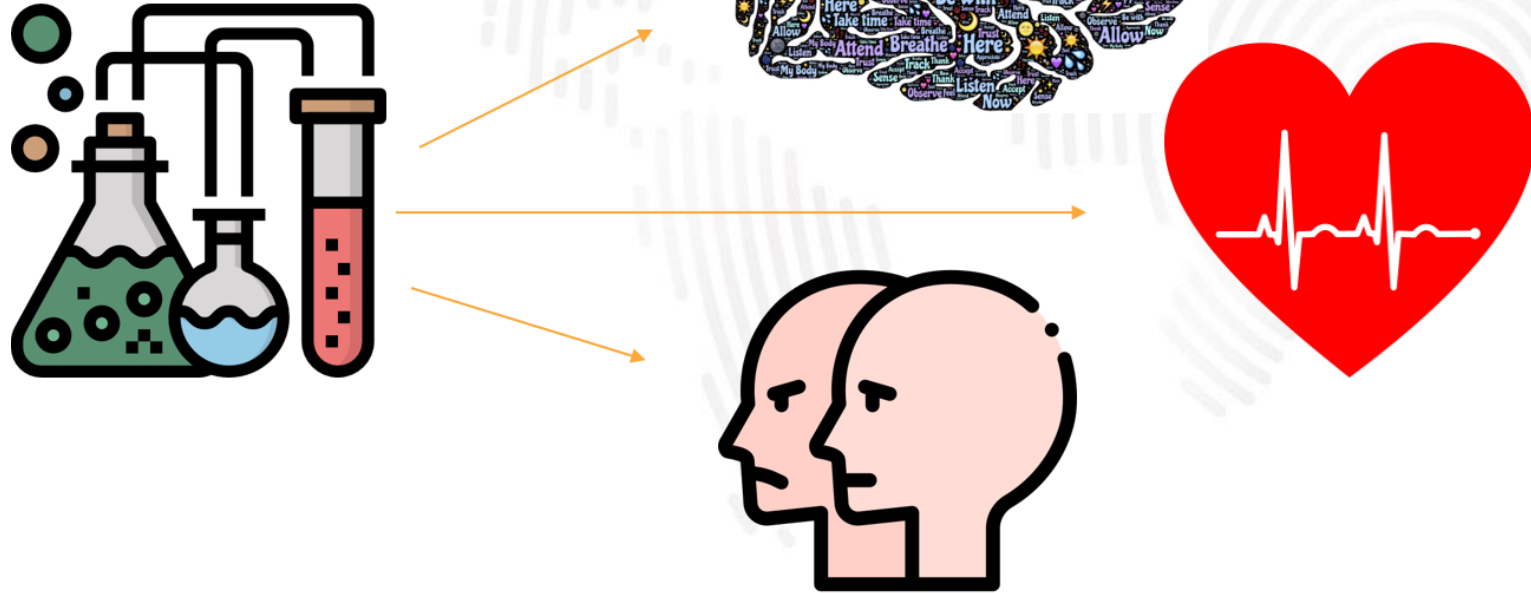


# What do the people in these pictures have in common?





# What is stress and how do we react to it?





Is stress always bad?







# Are we the only ones who experience stress?



an octopus



a chameleon



a meerkat



a skunk



a pufferfish







**What makes  
you stressed?**

**Which of the following appear in the video?**

**doing  
school work  
on time**

**giving  
presentations**

**going  
shopping  
with parents**

**driving  
lessons**

**taking care  
of younger  
sisters or  
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**having  
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A hand is shown holding a white speech bubble. The background is a vibrant purple with a subtle geometric pattern. On the right side, there is a faint, stylized fingerprint graphic. The text inside the speech bubble is in a bold, black, sans-serif font.

**How do you  
deal with stress?**

# How do you deal with stress?



Kieran

**plays games**

**plays the piano and the guitar**

**relaxes by walking**

**speaks with friends**

**goes out and takes photos**



Amelia

**goes for a run or to a sports centre**



George

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**plays the piano and the guitar**  
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**relaxes by walking**



George

**plays games**  
**goes for a run or to a sports centre**  
**speaks with friends**



# **What do you already know about stress?**

- 1. Stress is always good for you.**
- 2. Stress can't help to you survive in a dangerous situation.**
- 3. When you feel stressed it's important to find time to do your favorite activities.**
- 4. It can be difficult to sleep when you are stressed, but it's important to rest.**
- 5. Stress can make it difficult for you to concentrate and learn.**

# What do you already know about stress?

1. Stress is always good for you. **FALSE**
2. Stress can't help to you survive in a dangerous situation. **FALSE**
3. When you feel stressed it's important to find time to do your favorite activities. **TRUE**
4. It can be difficult to sleep when you are stressed, but it's important to rest. **TRUE**
5. Stress can make it difficult for you to concentrate and learn. **TRUE**

# How can you deal with stress?







# My personal STRESS management plan

What can I do to reduce the level of stress?

1. I will **talk about my problems with my family or friends** to use their help.
2. I will **practice breathing** in and out slowly to think clearly.
3. When I have a difficult task at work I will **get advice from my colleagues**.
4. I will make sure I **get enough sleep and rest**.
5. I will **spend more time on things I love doing** like painting or colouring mandalas.
6. I will **exerice more**.



**When you're getting ready  
for an exam...**

**...take regular breaks to let  
your mind rest.**





## And you? How can you manage your stress?

What stresses you?	How do you react?	How can you deal with it?

**Thank you!**