

TEACHER TO TEACHER

across the world

Teach
FROM HOME

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

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lessons for teens

macmillan
education



What do the people in these pictures have in common?



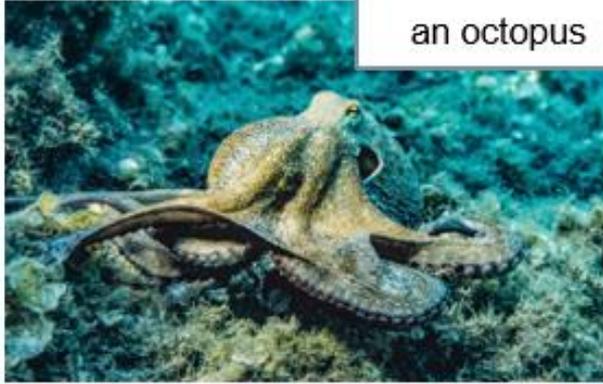


Is stress always bad?





Are we the only ones who experience stress?



an octopus



a chameleon



a meerkat

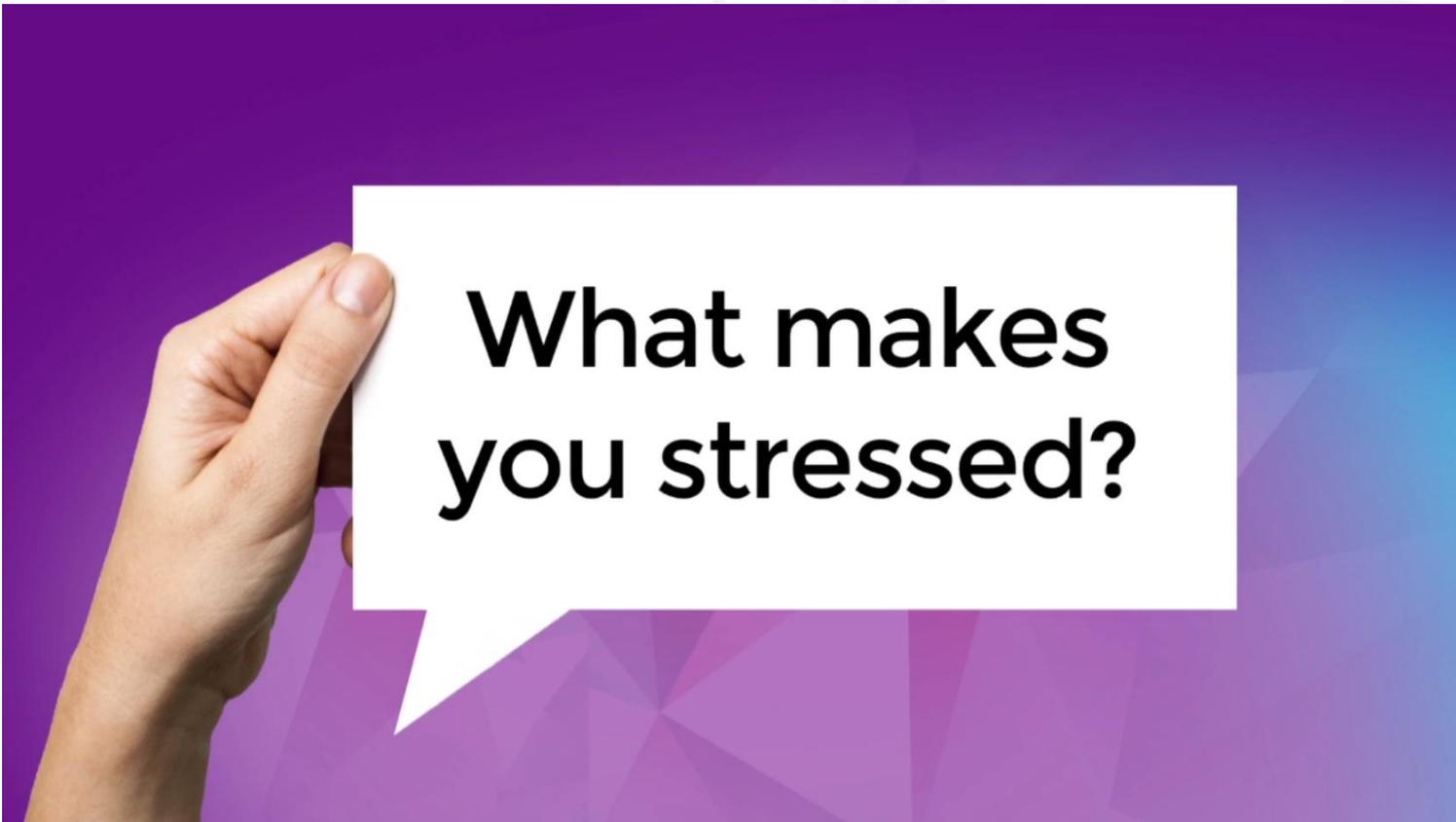


a skunk



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
brothers

having
school and
work at the
same time

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
brothers** ✓

**having
school and
work at the
same time** ✓



**How do you
deal with stress?**

How do you deal with stress?



plays games

plays the piano and the guitar

relaxes by walking

speaks with friends

goes out and takes photos

goes for a run or to a sports centre

How do you deal with stress?



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goes out and takes photos



relaxes by walking



plays games
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speaks with friends

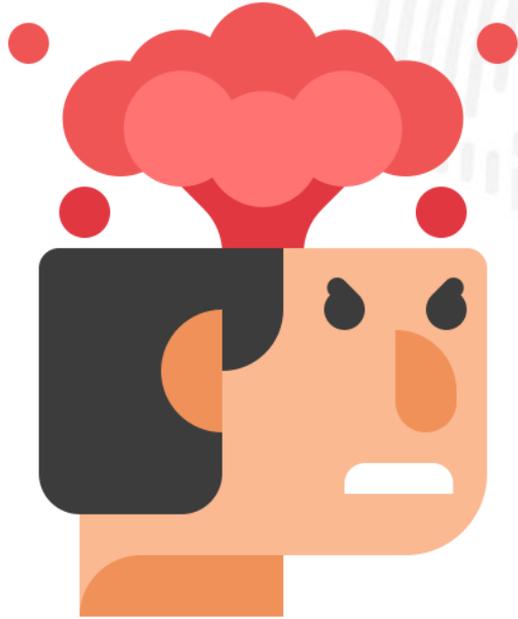
What do you already know about stress?

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 **exercise more**.



And you? How can you manage your stress?

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

Thank you!