

# TEACHER'S NOTES

## Viewing Options:

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There are several ways to present the program.

1. Show the video in one session. Select discussion questions for review after viewing.
2. Show the opening, Chapter Two Definition and Chapter Three Symptoms then pause the DVD to discuss review questions. Restart and continue watching to the end of the video. Finally, discuss Chapter Four Strategies and Chapter Five Video Activity review questions
3. Show one chapter at a time and pause the DVD to discuss the video review questions.
4. Restart and continue with the video and discussion.

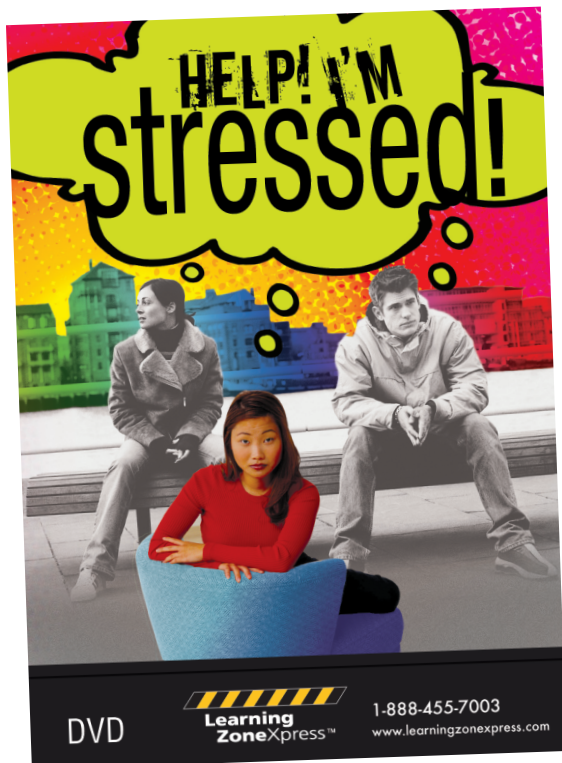
## Review Questions

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Review questions for each section provide an opportunity for viewers to discuss the topic of stress. Answer questions as a class or in smaller groups



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Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### CHAPTER TWO: **Stress Definition**

1. How would you describe the stress level of most students in your school?

- A. Low
- B. Medium
- C. High
- D. Off the charts

2. What are the most stressful situations for you and your friends and classmates?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

3. Do you think school is at the top of the stress list? Why or why not?

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4. How do you feel families could be a source of stress?

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5. Do relationships cause stress? In what ways?

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6. Did you realize there are two kinds of stress? What are they?

A. \_\_\_\_\_

B. \_\_\_\_\_

7. Can you think of a time when having some stress has helped you?

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## CHAPTER THREE: **Stress Symptoms**

1. Have you had any of these stress symptoms? What was your experience?

1. Sleep disorders

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2. Eating issues

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3. Illness

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4. Personality changes

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5. Concentration problems

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6. Substance abuse

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7. Impulsive behavior

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8. Overspending

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2. At the time, did you realize that they were actually stress warnings?

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3. Do you often see people exhibiting these symptoms?

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4. Which symptoms seem the most destructive?

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## CHAPTER FOUR: **Stress Strategies**

There are two types of ways to deal with stress: Quick Tips and Ongoing Strategies.

### **Quick Tips** OFFER IMMEDIATE WAYS TO DEAL WITH PRESSURE.

Which of these quick tips have you tried or think might work for you?

Leave the scene	_____
Take deep breaths	_____
Laugh it off	_____
Head outdoors	_____
Pet a puppy	_____
See a doctor	_____
Call for help	_____

### **Ongoing Strategies** STRENGTHEN YOUR BODY, MIND AND SPIRIT.

They help you become more resilient. You become resilient when you bounce back from situations that used to upset you.

**BODY:** To energize your body, eat healthy foods and exercise at a level that is best for you.

#### **Menu makeover.**

Switch out junk food for whole grains, fruits, vegetables, lean proteins and low-fat dairy.

#### **Exercise program.**

Start with a short walk then work out, play sports, swim laps, hike, even dance.

As a bonus, exercise can be a mood booster.

#### **Power sleep.**

Turn off your computer, television and phone at least one hour before you go to sleep. Texting all through the night can be hazardous to your health.

# Ongoing Strategies

STRENGTHEN YOUR BODY, MIND AND SPIRIT.

**MIND:** You can practice new mental skills to improve your every day accomplishments and relationships with others.

**Talk it out.**

Discuss your problems with friends, family or a counselor. They could have some good ideas. Plus, an honest conversation can clear up misunderstandings.

**Manage your time.**

Be on top of your schedule to reduce stress. Keep track of your time, make a to-do list and prioritize tasks.

**SPIRIT:** You feed your spirit when you relax and let go of the negative messages that keep you from being your true self.

**Write in a journal.**

Express your feelings and clarify a problem. End with something positive that happened that day?

**Meditate to relax.**

As you sit quietly, breathe deeply and concentrate. Your problems may seem less overwhelming.

**Explore acupuncture or acupressure.**

Both techniques calm nerves by placing needles or pressure on the body's energy points.

## Practice Strategies

Choose at least two stress strategies and try them for seven days.

Compare which strategies the class chose.

Plan a follow-up session to monitor progress.

## CHAPTER 4: **Video Activity**

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Some of the students at Martindale High School are very stressed. They need your help.

### **What advice do you have?**

**Mackenzie:** I just found out we're moving. And not just to the next town. Almost 500 miles away. I won't know anyone. I'm scared that I won't have any friends. I'm mad at my parents. I'm stressed out of my mind. What can I do?

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**Mark:** I'm in three accelerated classes. I wanted to do it because I like people to think I'm smart. Plus it's good for college apps. I'm overwhelmed. I stay up late and get up early to study. I'm so tired. If I quit, I'll be a failure. What should I do?

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**Alexis:** My friend is sick...very sick. There is nothing I can do to make her well. I have no control. Is there anything I can do besides cry?

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**Will:** What does bipolar mean? My sister was diagnosed with the disorder. My mom is crying because she thinks it's her fault. Dad is worried cause insurance won't pay for all the treatment. Where do I fit in?

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**Olivia:** Most of my friends moved on to another group. They aren't mean to me. They just kind of ignore me. I did that to my junior high friends last year. Now I know how they felt. It hurts to be left out. What can I do?

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**Justin:** My mom got laid off. Guess that means fired because the job isn't coming back. We don't have enough money to live the way we used to. Can I still go to college? I'm not sure and I'm not sleeping. How can I feel better?

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