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Stress Management

1. Yosef has been working a lot of overtime at work. He needs to finish a project at the end of the month. At night, he can't sleep because of it. He eats a lot of junk food because it makes him feel less stressed about work. Is Yosef's eating habits a healthy way to deal with his stress?



2. Alyssa's essay for college is due in two months. She knows what she wants to write about, so she thinks she can wait until later to finish it. Is this a good plan?

3. Finish the sentence with a word from the list.

ease endorphins distraction pressure dreading

- a) She felt a rush of _____ when she went running.
 b) He was under a lot of _____ to meet his work deadline.
 c) I was _____ having this conversation with you.
 d) They built the new bookcase with _____.
 e) The cat was a _____ for me to finish the book last night.



Stress Management

Everyone will experience stress in their lives. While we cannot control when we may be stressed, we can do things to **ease** it. There are ways you can feel better when you are stressed:

- **Exercise.** Get your body moving! It is a healthy **distraction** from your problems. When you exercise, your body creates **endorphins**. These are natural chemicals that **boost** your mood. Even a quick walk around the block will make you feel better!
- **Get enough sleep.** It is hard to function fully when you are exhausted. Being stressed is draining on your body. Be sure to get at least seven hours of sleep. You can improve your sleep by having a regular bedtime, turning off screens before sleep, and avoiding caffeine late at night.
- **Spend time with others.** Being with your family and friends can often help you feel better. They can be trusted to listen to problems and sometimes have good advice.
- **Avoid substance abuse.** Do not turn to substances like alcohol to make you feel better. These substances can alter our body's brain and how we feel. If you are already in a bad mood, it is best to avoid certain substances.
- **Do something fun!** Take some time to enjoy your hobbies. Relax with a good book. Have a jam session with your favourite instrument.

These are just a few common ways to deal with stress. It is important to seek help if your problems become too much. A parent, teacher, or other professional can get you help.

Max was recently dumped by his girlfriend. He has a friend's wedding coming up and is worried he won't find a date. Below is some bad advice Max could follow. Write better advice for Max.

Bad Advice	Good Advice
Beg his ex-girlfriend to go to the wedding with him.	
Stay up late every night worrying about a new date.	
Eat a bag of chips daily.	
Don't ask anyone to come along and go alone.	



Stress Management

1. Which of the following are stress reduction techniques? Answer True or False.

- | | | |
|-------------------------------------|------|-------|
| a) Going for a jog. | TRUE | FALSE |
| b) Eating a container of ice cream. | TRUE | FALSE |
| c) Yelling at your friends. | TRUE | FALSE |
| d) Meditating. | TRUE | FALSE |
| e) Smoking cigarettes. | TRUE | FALSE |
| f) Reading a book. | TRUE | FALSE |

2. Which of the following strategies will help you meet the deadline on time?

- a) Dividing the task into smaller pieces.
 b) Waiting until the last minute to start.
 c) Asking your friend to do it for you.
 d) Forgetting when the due date is.



Stress Management

3. Aiden is feeling very overwhelmed. He has a job that makes him work many hours of overtime. Lately, his boss has given him more and more tasks to do at work. At home, he is expected to pay more bills than usual since his roommate lost their job. What are some ways Aiden can reduce his stress? How can he make his work projects easier?

Graphic Organizer

4. Use the graphic organizer on page 12 to map out your stress and how to reduce it.

What goes on in your brain? What do you spend most of your time thinking about? Which daily events cause you stress? All our minds work differently. We all like to daydream about the future and think about our goals. Is there one thing that preoccupies your mind? Maybe you can't stop thinking about your beloved pet cat. Does your significant other take up a lot of space? What makes you feel anxious? What problems are you experiencing in your daily life? Why not put an artistic spin on your thoughts?

In the brain map graphic organizer, you will make a "map" of your brain. Highlight things that you enjoy and things that make you stressed. You may even want to colour code the positive and the negative things you think about. For the stressful sections, make a few notes on how you can reduce some of the stress. Add pictures, colours and get creative!



Write It Down!

Can you remember what you ate for lunch yesterday? How about what you had for lunch last week? Our lives are busy and often we forget the details. Journaling is a great way to remember our daily lives for years to come. Some people find it helpful to write about their problems. Others like to keep a record of their activities so they can be reminded of their good memories. Keeping a journal can serve many purposes. It is as unique as you are!

For the next month, you will keep a journal. You can write it down in any notebook you want. If you decide to keep a digital journal, think about the future. A digital copy may not be accessible years from now since it could be outdated. No matter what technology will be created, you can always open a book to read. Be sure to date each page to help you remember. You can choose to share your journal with others or keep it private. A journal is a very personal project.

You don't have to worry about spelling or grammar in your writing. If you choose to share an entry, it should be edited. As you write, you may see trends emerge. What makes you most excited? What things make you happy? Is there a problem that keeps happening? It can be a good exercise to see if you keep making the same choices over and over.

Are you stumped for writing ideas? You can write about:

- Your day at work or school.
- What hobbies you enjoyed that day.
- A delicious meal you cooked.
- People you spent time with.

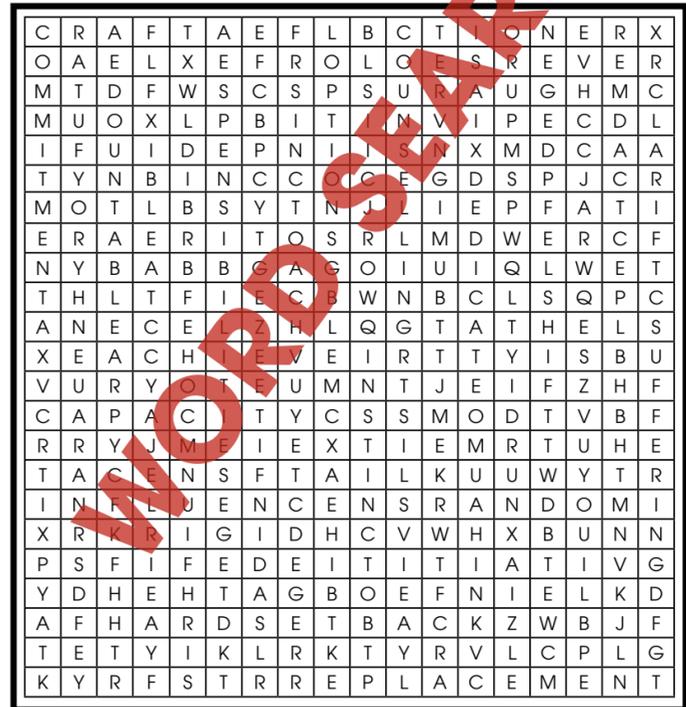
A journal is a great way to get a better understanding of yourself. By putting your thoughts on paper, you may think more clearly. Experience the benefits of journaling today.



Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- | | | | |
|-------------|-----------|-------------|-----------|
| achieve | dedicate | options | reverse |
| capacity | impact | random | setback |
| commitment | influence | reflect | shift |
| counselling | instinct | replacement | suffering |



Comprehension Quiz

Part C

Answer each question in full sentences.

- What are two physical signs of stress? 2
- What are three things you can do to help you meet a deadline? 3
- How could you tell if someone was having issues with their mental health? 3
- What should you consider when making an emergency bag? 4

Relationship Success

Truth is, no two people are completely compatible. We must be **WILLING TO COMPROMISE** for the good of the relationship.

You should not be the one doing all the bending. **COMPROMISE** is a **TWO-WAY STREET**.

NO RELATIONSHIP IS PERFECT, EVER. There are always some ways you have to bend, to compromise, to give something up in order to gain something greater.

Every successful relationship must have the **3 C's: COMMUNICATION, COMPROMISE and COMMITMENT.**

In marriage, **COMPROMISE NURTURES** the relationship.

COMPROMISING doesn't mean that you are wrong and someone is right, it only means that you value your **RELATIONSHIP** much more than your **EGO**.



Stress Management

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1.

- a) TRUE
- b) FALSE
- c) FALSE
- d) TRUE
- e) FALSE
- f) TRUE

2.

- a) Dividing the task into smaller pieces.

EASY MARKING ANSWER KEY





Stress Management

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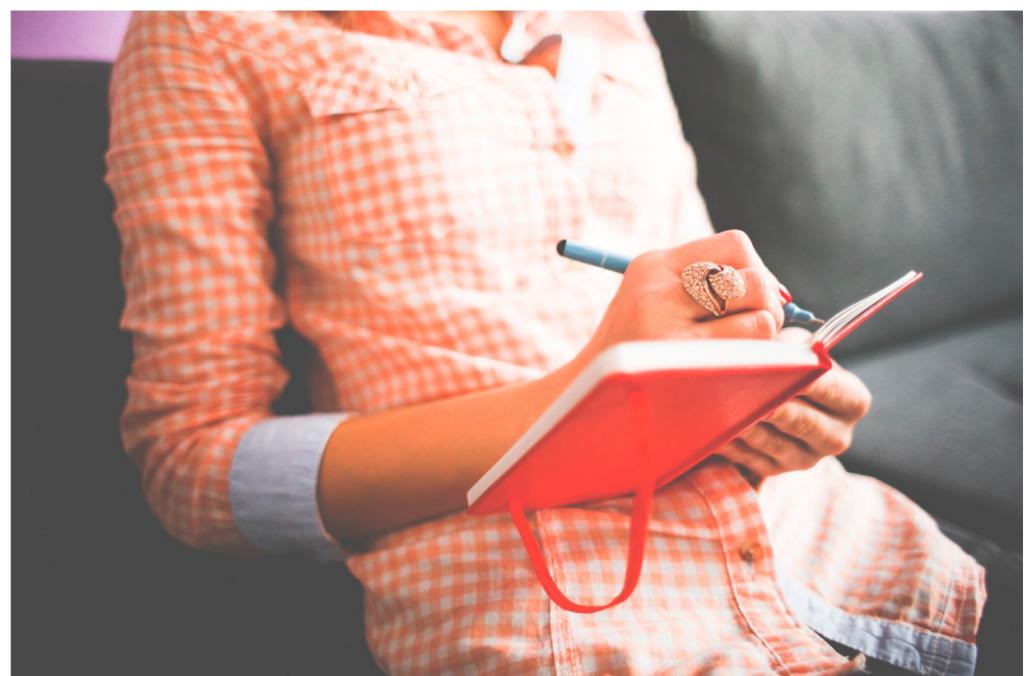
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