

Stress Management

WebQuest Description: This lesson is designed to help students manage and cope with stressful situations in their everyday lives

Grade Level: 9-12

Curriculum: Life Skills / Careers

Keywords: stress, stress management, depression, coping skills, anxiety

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Introduction

How often do we get stressed? People are stressed daily by every day events. Lets see how we can manage stress. This website will teach you what stress is and how to manage stress in your daily lives. According to Dr Selye, stress is "the nonspecific response of the body to any demand made upon it." In other words, the body reacts to stressors-the things that upset or excite us –in the way regardless of wheather they are positive or negative.

You will now watch a music video and relate the lyrics of the song to the topic of stress and the importance of interventive strategies.

Tasks

you will be placed in group of four and will be asked to view a video featuring "stress management" and then you will be asked to indentify the following areas as it relates to stress and its management:
Types Causes Effects Coping skills

Process

You will be assisted in your groups as you plan your presentations: Each group will be asked to creatively present their findings based on the video, each group will be asked to present on the following:
Types of stress, causes, effects, coping strategies
All presentations will be followed by a discussion
Handouts with additional information relating to stress management will be distributed by teacher
students will be asked to complete a stress management puzzle

Evaluation

Beginning 1
Developing 2
Very Good 3
Exemplary 4

Stress affects the effective functioning of persons from varying age groups including such individuals within the high school setting. The subject of stress management is therefore appropriate for all age groups within the high school context. For students of the lower streams, it is probably best to only introduce them to the key concepts related to stress, help them to recognize and explore overwhelming emotions as well as help them to identify ways of dealing with such emotions. Higher grade levels can be exposed in depth to the varying aspects of stress, its symptoms, significant effects and ways of coping with it. Considering the maturity and demands of students within such streams, it is expected that they will be better able to relate to the subject.

Standards

Credits

Other