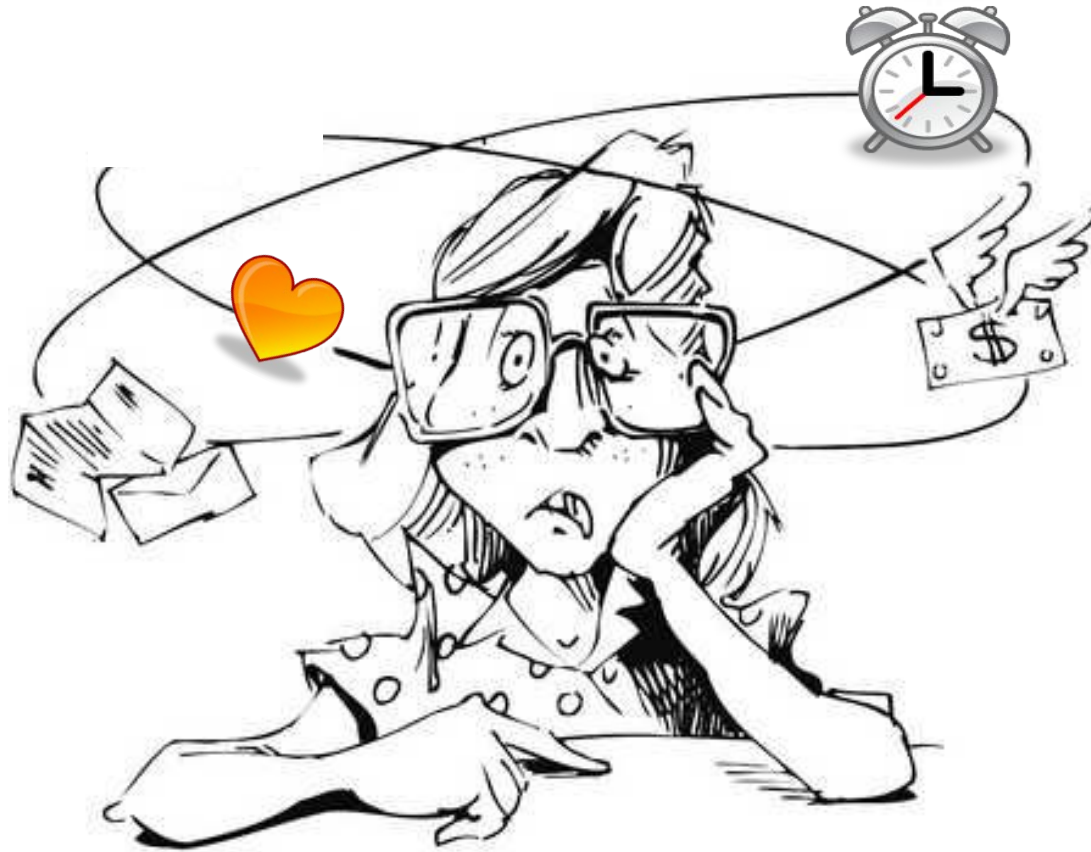


Feeling Stressed??



What is STRESS?

It is the impact or wear and tear on your body as you experience everyday living.

Everyone has stress

STRESS = PRODUCTIVITY

IN SMALL AMOUNTS



Too much stress can. . . .

- place high demands on your body
- have harmful effects on your physical, mental and emotional well-being

What is STRESS?

Imagine that **every worry**, relationship problem, tough homework assignment, and parent conflict is a **separate rubber band** around your head...

As your life gets more complicated, more rubber bands are layered on until your head gets completely covered.

STRESS is the *pressure* that you feel *inside* your head



What is ANXIETY?

- Anxiety is a **state of worry** about a danger or threat that might occur.
- It is a **normal** feeling that everyone has at certain times.
- Giving a speech in front of people, taking a test, a sports competition, and other situations produce anxiety for most people.
- **BUT some people have anxiety too often**: they worry a lot, or feel anxious at times when it is not necessary.
- High STRESS is one of the biggest reasons for anxiety.



Symptoms of too much stress...

BODY

- Insomnia
- Ulcers
- Migraines
- Depression
- Heart Disease
- Weak immune system



Symptoms of too much stress...

EMOTIONS

- Helplessness
- Fear
- Sadness
- Depression
- Anger
- Impatience



Symptoms of too much stress...

MIND

- Disorganized thoughts
- Forgetful
- Confusion
- Lack of concentration
- Preoccupied
- Poor coordination



Symptoms of too much stress...

ACTIONS

- Withdrawing
- Impulse behaviour
- Aggression
- Violence
- Substance abuse
- Eating disorders



**Tell an adult if you are
concerned about someone...**



We survive by COPING.

Some are positive coping strategies,
others are negative.

But coping and stress management
are not the same.



How do we COPE?

DISTRACTION

watching TV, playing video games, eating, listening to music, reading a book, etc. We create a short-term diversion from our stress/anxieties.

AVOIDANCE

procrastination, illness, sleep, withdrawal.



ESCAPE

Escapist behaviors occur when you reach the limit of your ability to cope with the world around you, the absolute edge of what you can handle. You've done your best to cope with your stress, but it is not working.

Stress Management: Controlling your stress!



Controlling your stress:

Three steps to controlling your stress...

- 1) SIGNALS
- 2) SOURCES
- 3) SOLUTIONS



Controlling your stress:

Become aware of your own **SIGNALS** of stress.

These are different reactions in your body and in your mind that let you know you are having a lot of stress.

Some SIGNALS: feeling sick in your stomach, headaches, trouble sleeping, restless, moodiness, loss of interest in the things that you usually enjoy.



Controlling your stress:

Find the **SOURCES** or causes of your stress

How? Self-reflection; talk to someone you trust

Here are some examples of sources of stress....



- death of a family member or friend
- parents divorce/ separate
- violence at home
- school difficulties
- move to a new city/ school
- problems with friends or boyfriend/ girlfriend
- being bullied at school
- assignment deadlines/ presentations/ exams
- thinking about...what am I going to do after high school or in the future??
- “having too much on your plate”
- peer pressure or intimidation
- social media

Controlling your stress:

Learn and practice stress **SOLUTIONS**

Find a balance!

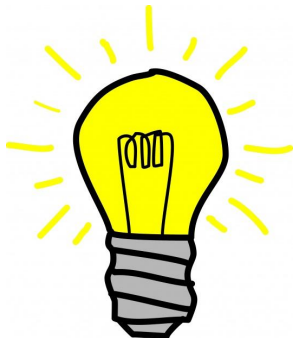


Solution: Unplug

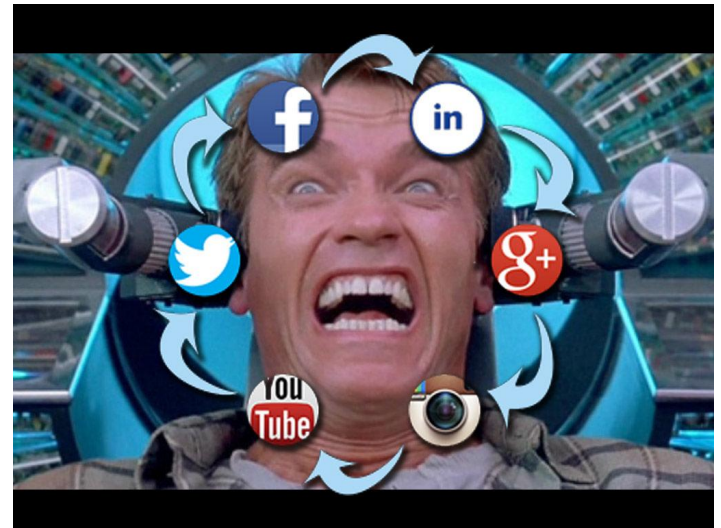
SnapChats, Tweets, Instagram feeds, texts, emails, calendar alerts, notifications, phone calls.....YIKES - this is overwhelming!

Here are 5 reasons to consider unplugging:

- ★ Lower your stress level
- ★ Boost positivity
- ★ Improve personal relationships
- ★ Experience more
- ★ Get better sleep



Idea: Leave your phone on the kitchen table every night at 9pm



Solution: Make time for people you like

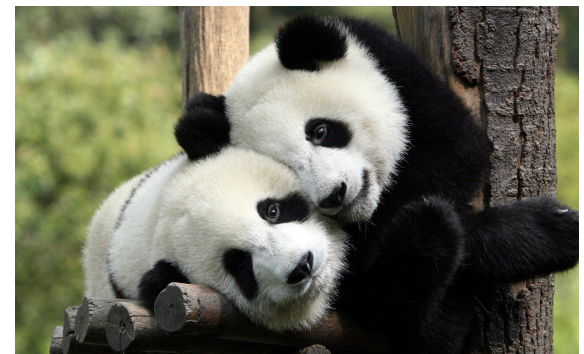
- Who makes you laugh?
- Who knows how to have fun?
- It's energizing being with people who make you feel good about yourself and life.
- Try to stay away from people who are negative and have a bad attitude.



Solution:

Build supportive relationships

- Release pent-up stress and avoid stress build-up by sharing your thoughts and feelings with people you trust.
- Seek out people who will listen to you without judging or criticizing.
- Listen to honest feedback. Try not to be oversensitive.
- Ask for encouragement and maybe a hug when you need it.



Solution: Eat right

Reduce caffeine use

Reduce sugar use

Try to avoid the “junk” and eat healthy. . . Even if it is hard!



Solution: Exercise / be active

REGULAR physical activity is one of the most important stress-fighting skills.

Very helpful during times of high stress; exercise allows you to release that stress.



Solution: Be organized

WHY?!?

Write EVERYTHING down in order to visually see what you need to do / get done and when.

Keeps things tidy and neat.

Set aside slots of time to study.

Try studying in the same spot.

Time Management...



Solution: Time Management

Key to time management: prioritizing your activities.

Make a “things to do list” and RANK the items on your list.

Don't try to fit everything in.....let some things go.



Solution: Don't be a perfectionist

Being perfect is impossible and it just adds to your stress.

Instead... decide how much time you're going to spend on a given project and stick to it.



Solution: Sense of humor

Being able to see the humor in difficult situations and to laugh at yourself helps reduce stress.

When you laugh, you feel better and happier

Try...

- going to funny movies
- hanging out with funny people



Solution: Try to relax

Relaxation is “non-doing”.

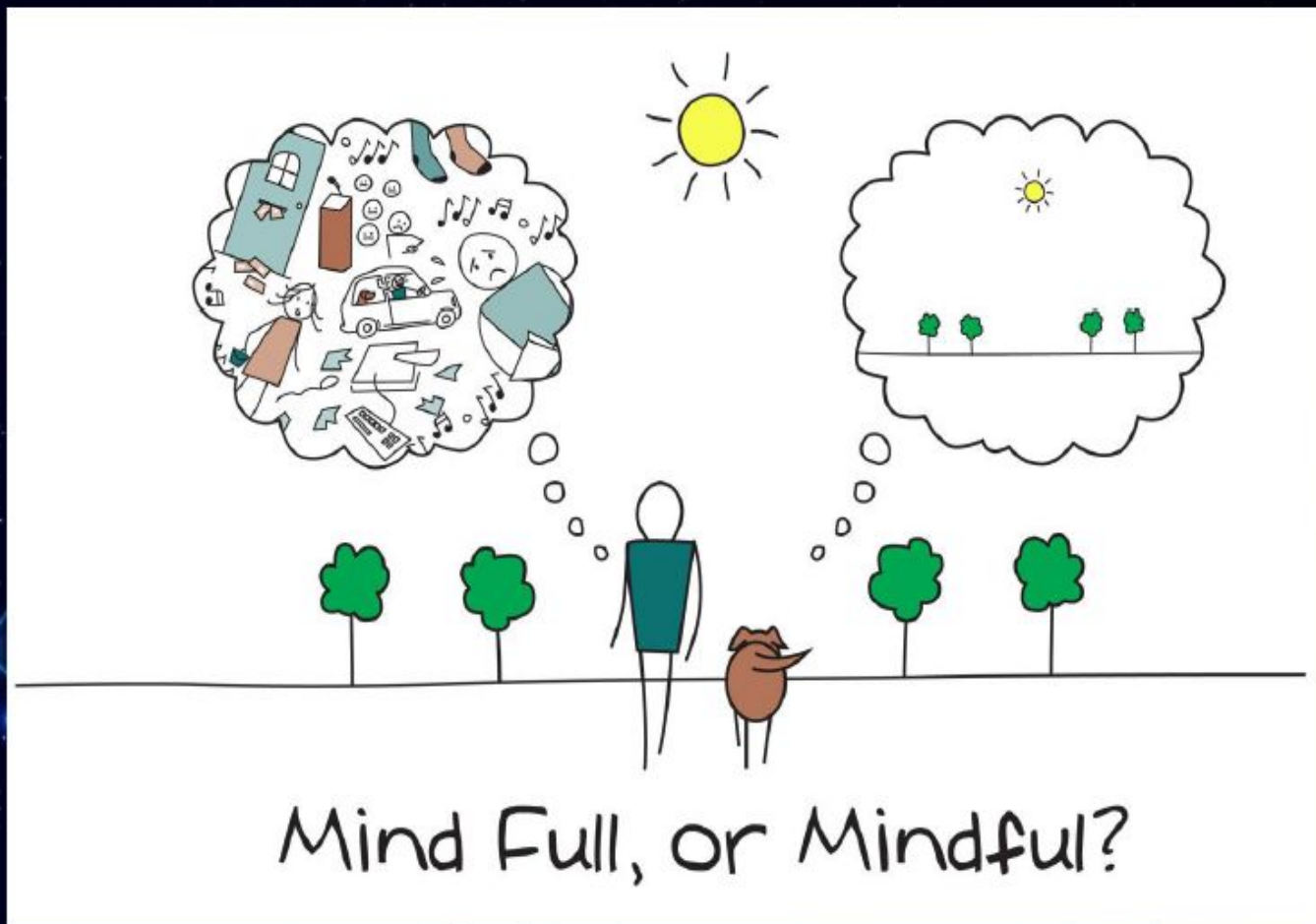
Watching TV, taking naps, going for a walk, reading a book are great stress management strategies.

Real relaxation is where you are calm, alert and choosing to maintain a neutral mental focus.

“Slow, deep, regular breathing is the physical expression of a peaceful mind.”



Solution: Mindfulness

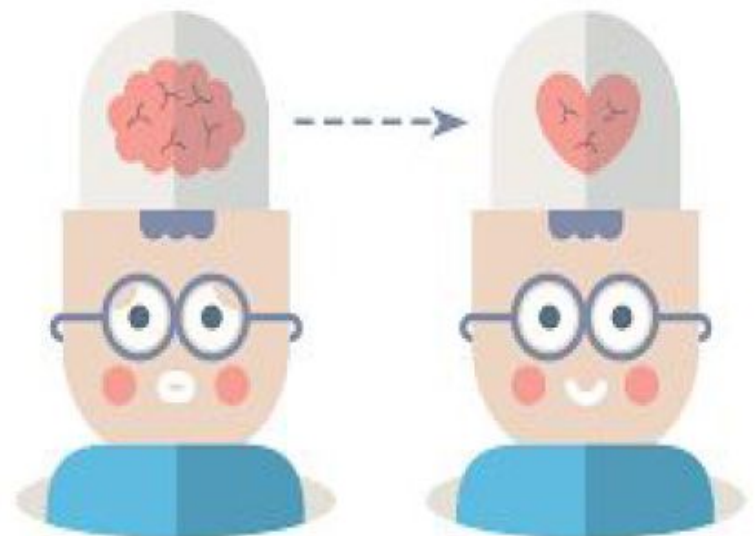


Solution: Mindfulness Apps



Introduces the benefits of Mindfulness and easily accessible meditation practices. Guided practice is narrated by a soothing voice.

Headspace: An APP with the "intention to be present in the here and now, fully engaged in whatever is happening, free from distraction or judgment, with a soft and open mind".



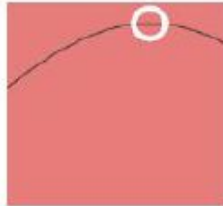
Solution: Other Mindfulness Apps

A sampling of the available Mindfulness Apps



Stop Breathe & Think
Tools for Peace

★★★★★ FREE



Breathe
Jatra

★★★★★ FREE



Paced Breathing
Trex LLC

★★★★★ FREE



Prana Breath: Calm
Oleksandr Albul

★★★★★ FREE



Breathing exercises
Zarko Petrovic

★★★★★ FREE



Breathe Easy
MoodTools

★★★★★ FREE



Breathe
Inspire KeepCreative

★★★★★ FREE



My Cardiac Coherer
Aircube06

★★★★★ FREE



Breathe2Relax
T2

★★★★★ FREE



Insight Timer - Meditation
Insight Network Inc

★★★★★ FREE



Self-help Anxiety Management
University of the West of England

★★★★★ FREE



Kids Breathe Well
German Ramirez

★★★★★ FREE



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Upcoming 'Stressors'

Course selection for next year happens in January in the first week back after the holidays.

Required Courses for Grade 10:

- English
- Math
- Science
- Canadian History
- Careers (0.5 Credit)
- Civics (0.5 Credit)

*What level, **academic** (2D) or **applied** (2P) will be best for you? Or MEL3EI SVN3EI?*

What 3 electives will you pick?



Upcoming 'Stressors'

Exams happen **less than 3 weeks** after we are back from the holidays

- Make a study schedule
- Get extra help from teachers
- Start studying NOW!

Use your positive coping strategies!



EXAMS - Upcoming 'Stressors'

Exams can be very stressful and are often worth a big part of your final mark.

Here is the exam schedule:

Period 1 class - Friday Jan. 25th at 8:30

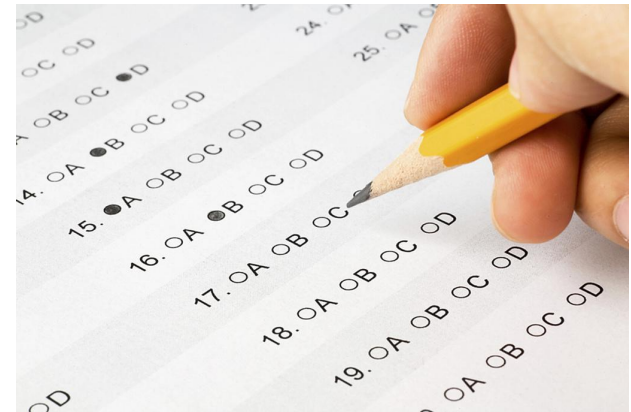
Period 2 class - Monday Jan. 28th at 8:30

Period 3&4 class - Tuesday Jan. 29 at 8:30

Period 5 class - Wednesday Jan. 30 at 8:30

Period 6 class - Thursday Jan. 31 at 8:30

Your classroom teacher will supervise your exam in your regular classroom. If applicable, please bring your textbook to return. If you have an IEP, or a medical note providing extra time for exams, your classroom teacher will provide the extra time.



EXAMS - Upcoming 'Stressors'

IF you arrive late – report to the **MAIN OFFICE IMMEDIATELY!!!** Enter through the front or back doors.

IF school or the school buses are canceled during exams, the exams for that day are written on the next day. **LISTEN TO THE RADIO OR CHECK THE WRDSB WEBSITE!!!**



IF YOU ARE NOT WRITING AN EXAM, STAY AT HOME OR STUDY IN ...

LIBRARY: Open Jan. 25- Jan. 31 from 7:45-12:30 **FOR QUIET STUDY ONLY!!!**

Cafeteria: Open to study in each day from 7:45-12:30
(Note: no food will be available)

Be sure to check bus information carefully! Yellow school buses run on the same schedule as usual in mornings and depart school in the afternoon at 12:40.

There are no 2:25 departures.



Want to know more about....

Managing your stress or anything else!

Contact your Guidance Counsellor

A – Cap Ms. Hooisma

Car – F Mr. Rubicini

G – L Mrs. Stirling

M – R Mrs. Kennedy

S – Z Mrs. Shepherd

Always aim for the moon, even if you miss,



you'll land among the stars!