

Materials	Paper, pen
Learning Outcome	Demonstrate self-awareness by identifying common stressors and brainstorming strategies to manage them.

## Description

Explain to the youth that a stressor is a person, place, or situation that causes a person to feel stress. Stress is the actual response to the stressor(s). Ask the youth if they can describe how stress feels to them (e.g., feel nervous, heart beats faster, cannot focus, feel annoyed, racing thoughts, etc.). Explain that everyone feels stress but that recognizing your stressors and building strategies to manage them is important to your overall health. Share that everyone feels stress at some time in their lives and this changes from person to person and from situation to situation. **Note that conversations about stressors can be difficult for youth so ensure to create a safe and welcoming space and reach out for support if needed.** Ask the youth to think about their stressors and discuss them if they would like to. These questions may support the youth with identifying their stressors:

- Do you feel stress before a test?
- Do you feel stress when it is noisy or you are in a crowd?
- Do you feel stress about doing well at school?
- Do you feel stress about your schedule?
- Do you feel stress when there is change in your life?
- Do you feel stress about relationships with friends and/or family members?

After thinking about their stressors, ask the youth to write a list of ways to manage their thoughts, feelings, and behaviours when a stressor occurs. Encourage the youth to write their ideas down and put them in a place where they can refer back to them when needed.

Examples of ideas to manage stressors are:

- Recognize what is causing the stress
- Be physically active
- Eat healthy
- Reach out to talk to someone
- Meditate or do breathing exercises
- Connect to nature
- Listen to music
- Reduce noise and find a quiet place to think
- Do something you enjoy
- Make a plan
- Write about your thoughts
- Take time to rest and sleep
- Limit situations where the stressor occurs
- Be assertive about your needs

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *What did you learn about your stressors and how to manage stress?*
- *Do you think you will always have the same stressors? Why or why not?*