

Body of



Stress

Body of Stress

Identify Problem: Recognizing physical changes when a person has stress. Everyone encounters stress in their life. We can't avoid stress but we can learn to recognize symptoms of stress and react to the situation before it becomes a larger problem

Materials: Colored pencils, the body of stress (2 per student)

Exercise: Discuss symptoms of stress

Physical Symptoms

- Muscle tension
- Low back pain
- Pains in shoulders or neck
- Pains in chest
- Stomach/abdominal pain
- Muscle spasms or nervous tics
- Unexplained rashes or skin irritations
- 'Pounding' or 'racing' heart
- Sweaty palms
- Sweating when not physically active
- 'Butterflies' in stomach
- Indigestion and 'the gurgles'
- Diarrhea
- Unable to sleep or excessive sleep
- Shortness of breath
- Holding breath

On the first "body of stress" worksheet, have the students draw/color in physical symptoms of stress that apply to them. Whether it is a red face, clenched fists, raised voice, etc. Have them draw/color in as many as they can think of

Emotional symptoms of stress

- Feeling irritable
- Feeling frustrated at having to wait for something
- Feeling restless
- Unable to concentrate
- Becoming easily confused
- Having memory problems
- Thinking about negative things all the time
- Negative self-talk
- Having marked mood swings
- Eating too much

- Eating when you are not hungry
- Finding it difficult to concentrate
- Not having enough energy to get things done
- Feeling you can't cope
- Finding it hard to make decisions
- Having emotional outbursts
- Generally feeling upset
- Lack of sense of humor

On the second “body of stress” worksheets have the students draw/color as many emotional symptoms of stress that apply to them. For example: “hard to concentrate” can be drawn with a question mark above the head. Or feeling upset can be drawn with a frown on the face.

Discussion:

- Do some people have the same symptoms of stress? Both physical and emotional?
- What can we learn from knowing our stress symptoms?
- Is it possible to recognize and reduce our stress before it gets worse?
- Are there positive and negative ways to deal with stress?
- What are some positive ways you can deal with stress?
- What are some negative ways to deal with stress?
- Is stress always bad for us?

Identify skills:

Recognizing Physical symptoms of stress
Reducing stress
Positive/negative ways to deal with stress
Understanding our bodies' reaction to stress
Recognizing others stress

Source:

Jon Butler



