6 Letter Word Trouble?

2011 4-H Congress – Healthy Living
Look at both dolphins jumping out of the water. The dolphins are identical. Look at the photograph and if you find more than one or two differences you possess indicators of STRESS.
Stress Triggers
GOSSIP
GRADES
EXPECTATIONS
Cliques
ZITS
Relationships
Homework
Tests
BULLY
SIBLINGS
PARENTS
Assignments
DEADLINES
HORMONES
JOBS
DRINKING
AUTHORITY
CURFEW
CHEATING
PEER PRESSURE
TEACHERS
Stress is a natural part of every young person’s life. Stress is any change, internal or external, positive or negative, to which a young person must adapt; simply, “stress is anything that causes physical and/or mental wear and tear on the body and mind”

(Joyce V. Fetro, Personal & Social Skills, 2000).
Teen stress is usually related to everyday experiences, worries and challenges at school, home, in the community and within their peer group.
Identifying and acknowledging the causes of stress and expressing feelings about them are usually the most effective tools teens can have to reduce stress, in addition to learning practical stress reduction skills.
Negative Stress Reducers
Shout Out Peel
Orange Philosophy
Brainstorming

Write, Draw, Act, or Sculpt...

What behaviors or techniques can you use to manage your stress?
Stress Management Techniques

• Eat healthy meals with plenty of fruits and vegetables
• Maintain daily routine and schedule
• Exercise regularly
• Avoid caffeine (can increase feelings of anxiety and agitation)
• Do things you enjoy (for example: art, listening to music, being outdoors, dancing, writing poetry, reading, etc.)
• Get good amounts of rest and sleep
• Avoid alcohol, tobacco and drugs
• State feelings in a clear way (for example: “I feel angry when you yell at me.”)
Stress Management Techniques

• Decrease negative self talk (for example: transform “My grades will never get any better.” to “I may not be doing to well now, but my grades can improve if I get extra help and I do all my homework.”)

• Be with friends who help you cope in a positive way

• Learn relaxation techniques (such as deep breathing, muscle relaxation, meditation)

• Talk to caring adults

• Humor/laughter
Progressive Relaxation
Emotion Magnets