

Student Journal

Lesson 6: Ways to Manage Stress

Health terms

deep breathing
effective
endorphins
guided imagery
progressive
muscle relaxation
resilient
stressor
time management

Journal entry

Identify a stressful situation or particular stressor that's occurred in your life recently, or one you anticipate facing in the future, and describe your response. How did/might you feel? What did/might you think? What did/might you do as a result of the stress?

Positive Ways to Cope with Stress

Make healthy choices.

Get support.

Understand your feelings.

(continued)

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Lesson 6: Ways to Manage Stress *(continued)*

Positive Ways to Cope with Stress *(continued)*

Find ways to relax.

Keep a sense of humor.

Take action when you can.

Resolve or eliminate the source of stress.

Identify how to prevent stress in the future.

Class discussion notes
