

SELF-CARE STRATEGIES

10th Grade Lesson

Pre-test

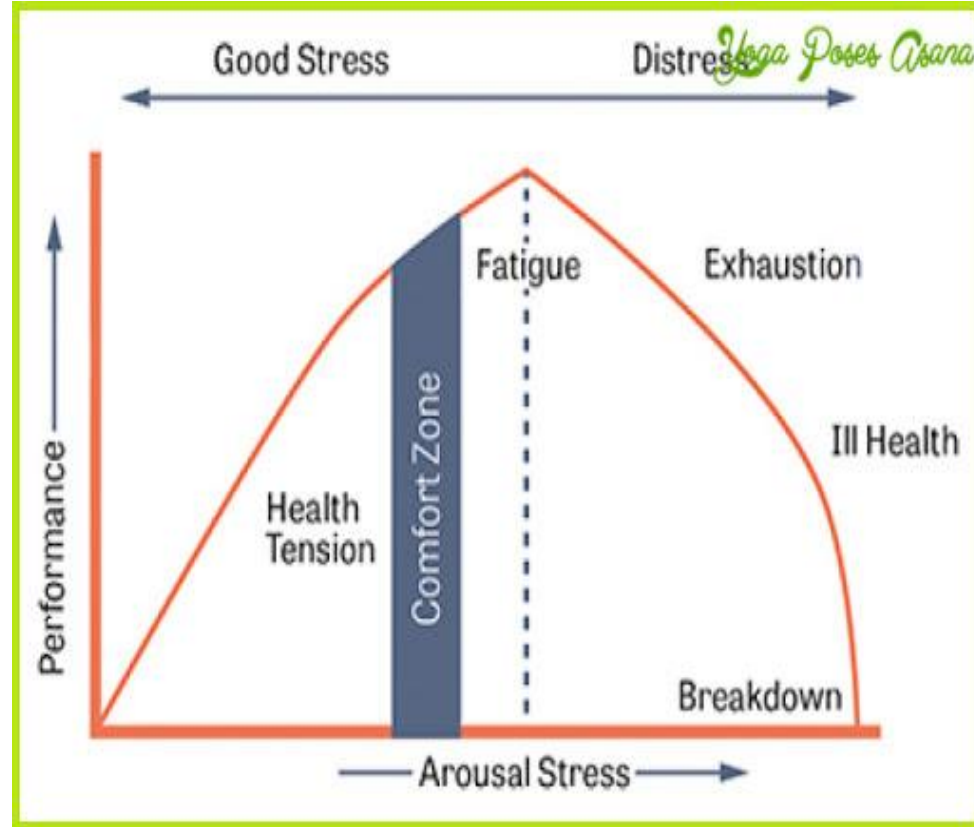


Stress In Our Lives

Stress is our body's reaction or physical/emotional tension to the demands or challenges in our lives

Examples: Headaches, stomach aches, fatigue, insomnia

Everybody needs some stress, or we wouldn't be doing anything!



How Do I Know If I Am Moving Into Distress?

Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none">● Memory problems● Inability to concentrate● Poor judgement● Seeing only the negative● Anxious or racing thoughts● Constant worrying	<ul style="list-style-type: none">● Moodiness● Irritability or short temper● Agitation, inability to relax● Feeling overwhelmed● Sense of loneliness and isolation● Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none">● Aches & pains● Compromised immune system● Stomach ailments● Nausea, dizziness● Chest pain, rapid heartbeat● Frequent colds	<ul style="list-style-type: none">● Eating more or less● Sleeping too much or too little● Isolating yourself● Procrastinating or neglecting responsibilities<ul style="list-style-type: none">● Nervous habits (Nail biting, pacing)

Stress In Our Lives

Stressors are thoughts, people, places and things in our lives that cause us stress.

What are the stressors in your life?

- *Concerns About My Future* Family Changes*
- *Transitions* Overworked* Money* Finding Balance*
- *Tests* Sports* Moving* Grades* Making New Friends*
- *Losing Old Friends* Perfection* Relationships* Clubs*



Thoughts That Can Cause Stress

- | | |
|---|--|
| <ul style="list-style-type: none">● Making mistakes is terrible.● It is essential to be loved by everyone.● I must always be competent.● Every problem has a perfect solution.● If others criticize me, I must have done something wrong.● I can't change the way I think.● I must rarely show weakness or cry. | <ul style="list-style-type: none">● Strong people do not ask for help.● Everything is within my control.● Other people should see things the same way I do.● People should do what I want because they love me.● The world ought to be fair. |
|---|--|

How can you counteract these thoughts?



Reality VS Perception

Is this problem really a problem? Have you ever made something into a bigger issue?

Think: How much is this going to impact my life in the short-term and long-term?

Accept: What is out of your control

Act on: What you can change to reduce your problem

Identify: Who is your support? ASK FOR HELP if needed

*****Be Proud Of Yourself for Overcoming a Challenge*****



What is self-care?

“The term **self-care** refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.

Self-care is also necessary for you to be effective and successful in honoring your professional and personal commitments.”

Have you ever felt too overwhelmed to show up?



Tea Cup Example



Imagine that each life stressor or challenge you face = you pour a little more tea into your cup

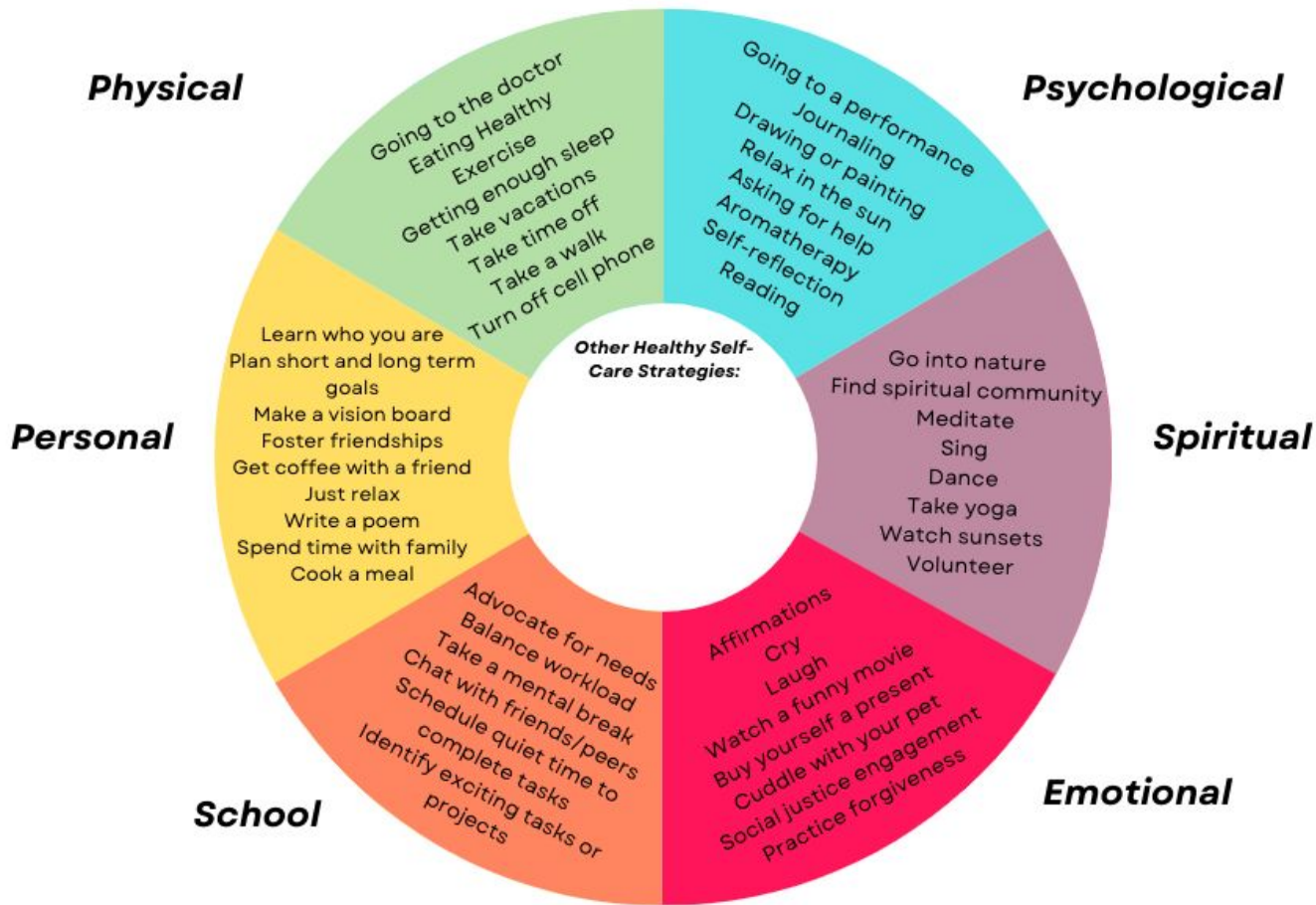
Every time you use a self-care strategy = you pour some tea out

What happens when too many stressful events occur with no way to reduce the amount?

GROUP WORK:

What activities & practices can you engage in to reduce stress in YOUR life?

SELF-CARE STRATEGIES



Group Work: Reflection

1. Circle the self-care strategies you currently use.
2. Star the self-care strategies you will try (make sure you pick 1 in each category).
 - a. If you use other strategies not listed or want to try other strategies not listed, write those in the middle circle

Review with a partner 1 of the strategies you will try.



Important Things to Remember!

Identify stressors & challenges in your life. You may find patterns that can help you for the future to be preventative.

Don't compare yourself to others with regards to handling stressful events in your life. Everybody has different size cups and what they can take on before they overload.

One strategy may work for you but not for another person.

Ensure the self-care strategies you are using are **HEALTHY & SMART.**

Just like getting better at anything else - this takes practice!



Post-Test

