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Step 3 - Roundtable Discussion

What could cause worries and stress at this stage of your lives?

- parents
- being forgotten
- puberty
- social life
- how you look
- hobbies
- school
- who you really are
- your future
- going to high school
- friends
- truth
- arguments/fights with friends and family
- think about appearance and try to change things, thinking about ugly
- dying
- money - how much you have
- your past
- other people's impressions of you
- being good at the things you do
- relationship (boyfriend/girlfriend)
- high places, falling
- stuff on the news
- nightmares
- weight/self image
- storms
- messing up
- monsters and ghosts
- your clothes
- previous traumatic event
- parents separation
- dark
- Characters
- terrorists
- not being able to breath
- drowning/sufficating
- change
- phobias (claustrophobia)
- break ins
- getting kidnapped/lost
- grades
- peer pressure
- large groups
- friends are not really your friends
- embarrassed
- cliques
- worried about the people you are friends with

What specifically could cause worries or stress in our particular classroom?

- Mr. Schaefer
- school work
- grades
- getting in trouble
- paying attention/focusing
- group work
- looking good for the people who can see you
- independent work
- having to be with people you dislike

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Step 4 - Roundtable Discussion

What does stress and worries look like for a grade 7/8 student?

- lump in throat, cuts off breathing
- can't sleep, mind can't relax
- lack of sleep creates bags under eyes
- chewing nails
- heart slow down, feel pump
- start thinking about things, hard to let go
- pounding headache, advil can't help
- get angry/upset, feel like cutting
- feel sick to the stomach
- sweat a lot
- tightening of stomach and throat, nervous, even hard to cry because you are so tight
- soar stomach like butterflies
- start to shake
- start to get emotional, even over little
- want to quit everything
- distance from people
- curling up in a ball and dying
- watch youtube for a hour, not care about anything else
- don't sleep until I figure something out
- stay away from anyone
- think about appearance and try to change things, thinking about ugly
- get frustrated, get flash of dizziness
- want to leave, hands tremble, bad headaches, throw up
- don't eat
- grinding teeth
- pounding heart
- shaking
- chattering teeth

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Step 5 - How can stress be good?

YES

- sign you need to look at what you are doing
- eg wedding wanting it to go well
- can motivate to get stuff done
- can channel into new creativity
- eg sports makes you play better
- eg test to focus, study, be prepared

****Can be a motivator**

**** Need to know when it is at a level we can't function.**

**** Have to be aware of the physiological signs of too much stress and recognize what are the stressors.**

Step 6 Videos 1, 4, 5, 6

<http://youth.anxietybc.com/video/teen-truths>

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Step 7 - Reflection

What strategies could someone use to cope

with stress and worries?

- stomach breathing
- keep occupied with something else
- play basketball
- go for a run
- play sports
- talk to close friends
- talk to parents
- write down stresses on a piece of paper and throw it out
- talk to someone I trust, seek advice
- talk to someone to listen, bounce off, vent
- play a game, throw a potato
- going and getting a drink of water, going to the washroom
- listen to music
- read a book, watch a tv series, movie
- take a nap, go somewhere quiet
- stress ball
- holding breath, listen to heart beat
- mindfulness (being in the moment, allow yourself to feel what you are feeling)
- eat
- anything that can help you step out
- positive self-talk
- dance
- video games
- do something refreshing
- massage
- go to sleep
- visualization (think about favourite places)
- safe aggression (e.g. punching a pillow)
- seek an animal
- taking a walk
- go on four wheeler
- work out
- ministick hockey
- hobbies
- take an animal for a walk
- take a shower, bath
- clean
- draw
- help others
- say something like the alphabet

* end of each day, reflect on a positive aspect of who you are and what you did

What happens if stress gets too much and you don't deal with it?

depressed

turn to the dark side

emotional breakdown

flip pain on self

withdrawn

take it out on other people (e.g bully)

eating disorders

alcoholism