



**When
life
hands
you
lemons...**



What is STRESS?

Stress is what you feel when you are worried
or uncomfortable about something.

This worry in your mind
that can make your body feel a certain way.

TYPES OF STRESS

- **Cognitive**
- **Emotional**
- **Physical**

What does Stress look like at Venado



30

%

**In the last
month,
Felt like they
couldn't
handle all the
things they
had to do**

36

%

**Parents
Are
Unaware
Of current
Stress
level**

30
%

**Would NOT
Speak up
If in a state
of
Self harm**

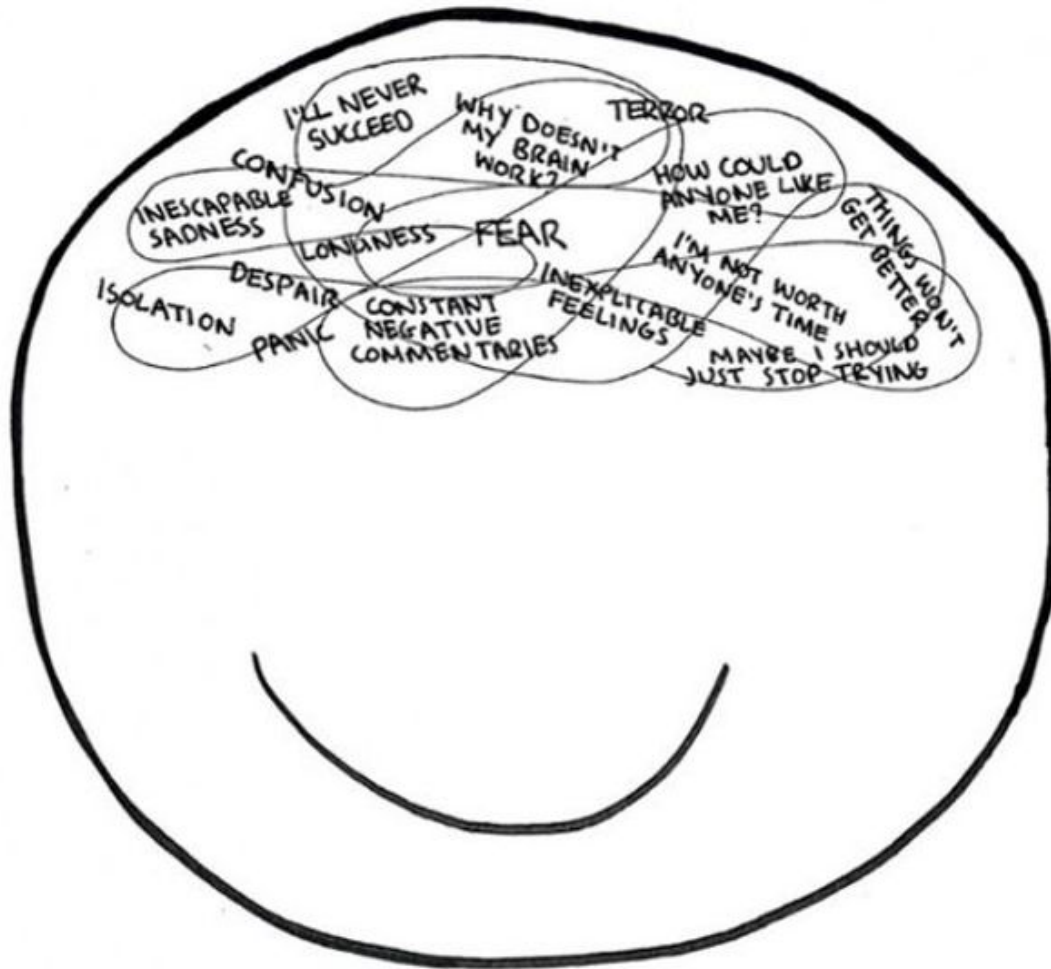
28

%

**Zero (0)
Identified
Trust Adult
On campus**

TOP TRIGGERS

1. Schoolwork
 2. Home/ Family
 3. Friend/ Social
 4. Extra-curricular activities
-



You never know what hides
behind a smile.

NEW MINDSET

Believe in Yourself

*stop at 4:00

ACTIVITY TIME

In this activity you will learn:

Students

- How to identify situations that cause feelings of stress
- To understand the link between thoughts, feelings and behavior
- That how we react and cope is individual to each of us

Activity 1

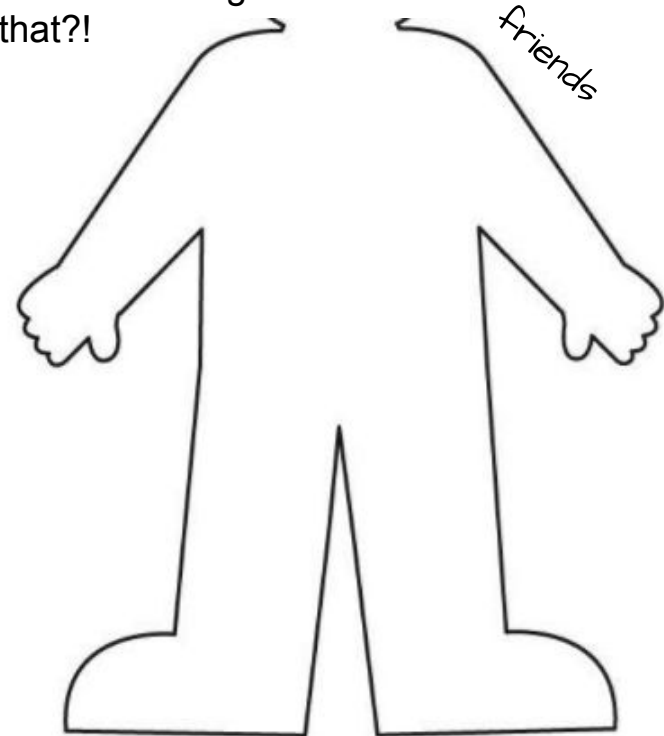
Thoughts-feelings-action!

1 large outline to each table group
Markers

1.

Write around the
outline **things**
that put pressure
on us and make
us feel stressed
(**things people do or say to
us or things we hear in the
media**)

You're wearing
that?!



tests

2.

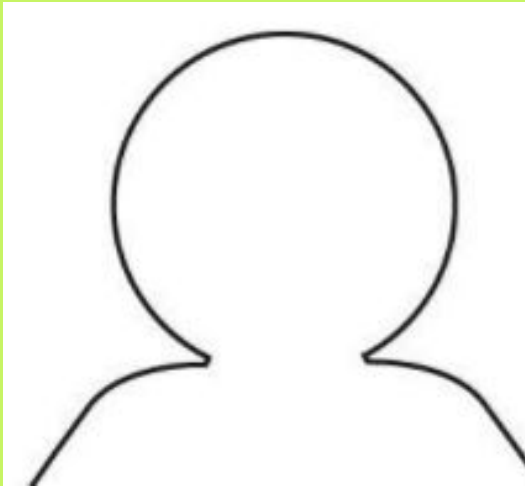
Now write inside the head what thoughts those pressures can initiate (positive and negative are okay)

“I’m never going to finish this”

“I will just die if I don’t get a good grade”

“I’m going to enjoy this”

“This is the best day ever”



Next

- Now fill the body with feelings, both emotional and physical, that can be a reaction to these thoughts and pressure

(headaches, stomach aches, tiredness, sweaty, panicky)

Now we know...

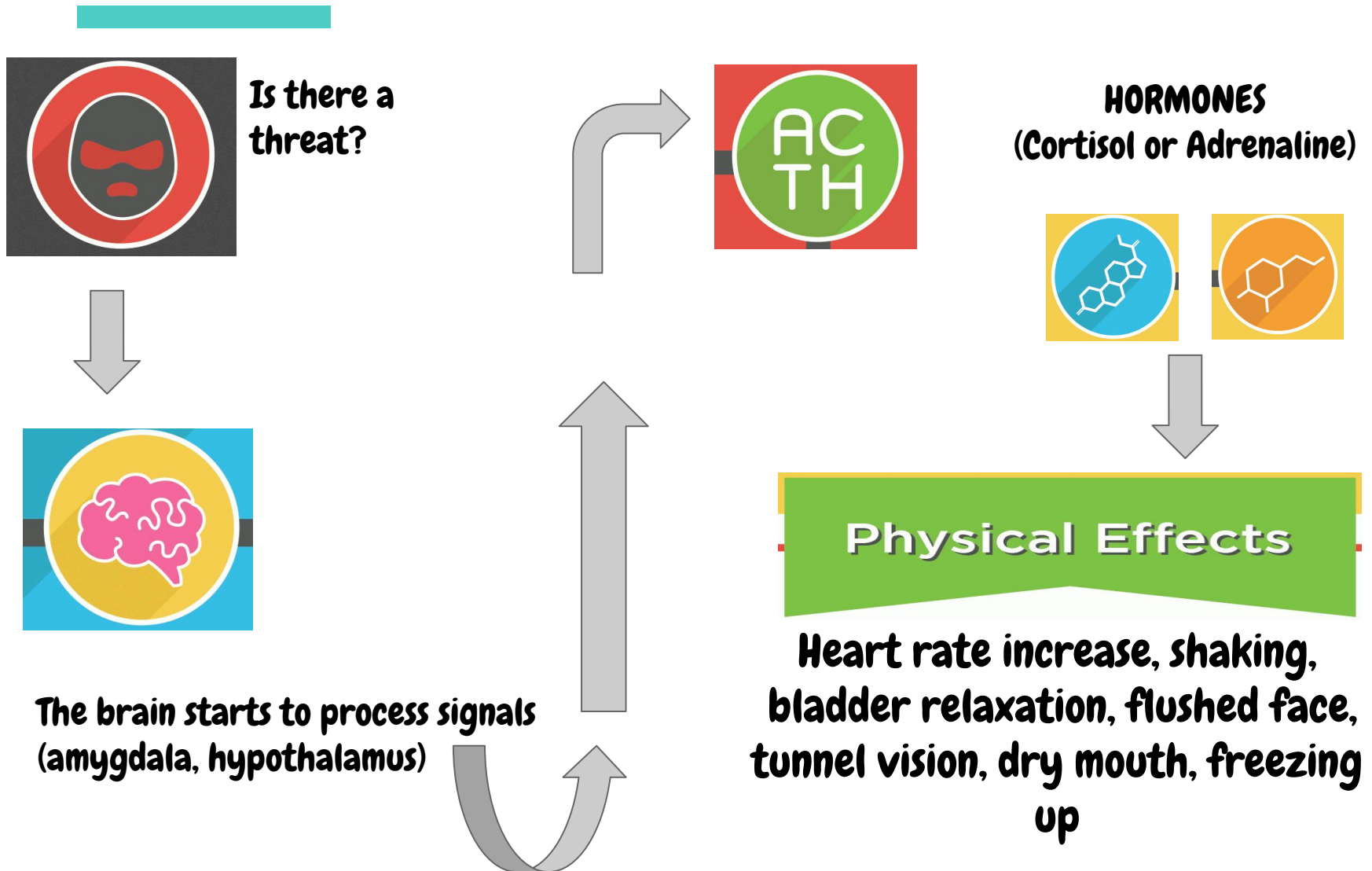


How our thoughts and feelings affects our actions or behaviors

But...

How does this happen?

Fight or Flight or Freeze



NEW MINDSET

- **Challenge Response:** when stress makes you realize that you have the resources to handle the situation.

S Stand back: Remove yourself from the stressful situation.

T Take a deep breath: Count to 5, and think about the choice that's best for you.

R Relax: Do something that relaxes you- take a bath, read a book, listen to music, etc.

E Exercise: Get that stressful energy out in a way that works for you.

S Sleep, take a nap or just rest up for awhile

S Speak: Talk to someone about it and share your emotions.

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



CONNECT

TALK & LISTEN,
BE THERE, FEEL CONNECTED



Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE



**KEEP
LEARNING**

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF



**TAKE
NOTICE**

REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

1  **Meghan Trainor - Better When I'm Dancin' (Lyric Video)**
by PeanutsMovieVEVO

2  **CAN'T STOP THE FEELING! (From DreamWorks Animation's "Trolls") (Official Video)**
by justintimberlakeVEVO

3  **Michael Franti & Spearhead - I'm Alive (Life Sounds Like)**
by MichaelFrantiVEVO

4  **"I'm Good" -- The Official Video**
by [Band Together Project](#)

5  **The Black Eyed Peas - #WHERESTHELOVE ft. The World**
by BlackEyedPeasVEVO

6  **Michael Franti & Spearhead - Say Hey (I Love You)**
by MichaelFrantiVEVO

7  **Alessia Cara - Scars To Your Beautiful (Audio)**
by AlessiaCaraVEVO

8  **They Don't Know - Ariana Grande (TROLLS)**
by Tyera Editz

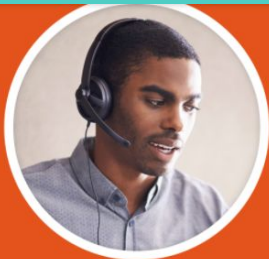
9  **Tim McGraw - Humble And Kind (Official Video)**
by TimMcGrawVEVO

Call the Lifeline Anytime, 24/7



1-800-273-8255

TREVOR LINE (LGBTQ)

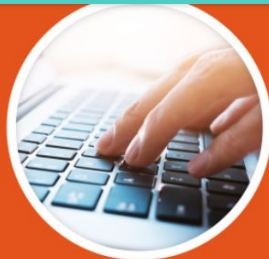


Trevor Lifeline
866-488-7386

The Trevor Lifeline is available

24/7/365. Call now.

We hear you. We're here for you.



TrevorChat

Online instant messaging with a TrevorChat counselor.

Available 7 days a week
between 3pm - 10pm
ET/12pm - 7pm PT



TrevorText

Text "Trevor" to 1-202-304-1200.

Available Monday-Friday
between 3pm - 10pm
EST/12pm - 7pm PT

Standard text messaging rates apply.

Suicide Crisis
Line
1-800-273-8255

Crisis Text for
Deaf &
Hard-of-Hearing
Text
HEARME
To
839863

END