



VEA

Bringing Learning to Life

Program Support Notes

VEA Lifeskills 2 **Taking Control** **Strategies for Coping** **with Stress**

Junior - Senior Secondary

23 mins

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Suitable for:

Health and Welfare

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For Teachers:

Introduction

Stress is a feeling that is created when we react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

For young people life is full of challenges and challenging situations. In order for young people to learn to deal with stress they need to be able to take control of the events that provoke stress, these are called stressors. Stressors cover a whole range of situations - from outright physical danger to making a class presentation.

This program will enable students to understand stress and why they feel stress. They will also be provided with a number of real and effective strategies to help them manage their own stress.

Program Timeline

00:00:00	Introduction
00:01:00	Chapter 1 – Causes of stress
00:06:00	Summary – Causes of stress
00:06:30	Chapter 2 – How to cope with stress
00:09:04	Summary – How to cope with stress
00:09:50	Chapter 3 – Managing stress
00:12:59	Summary – Managing stress
00:13:35	Chapter 4 – Coping with exam pressure
00:16:00	Summary – Coping with exam pressure
00:16:43	Chapter 5 – Time management
00:20:00	Summary – Time management
00:20:45	Conclusion
00:21:24	Credits
00:23:01	End program

Other Relevant Programs available from VEA

- Stress – The Survival Guide
- VEA Lifeskills 1: Knowing How to Say No
- VEA Lifeskills 3: Building Resilience

Please visit our website for more relevant programs www.veavideo.com

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Student Worksheet:

Before Viewing the Program

1. Define these terms:
 - stress
 - coping skills
 - time management
 - identities
 - nerves
 - adrenaline
 - stressors
 - self esteem
 - drugs
 - sedentary activities

2. How stressed are you?
 - Answer the question above thinking about how affected by stress you are. In your response think about how effectively you manage your time.
 - Also consider whether a part-time job puts extra stress on you. Are you working too many hours at this job? Could it be a cause of stress for you?

3. Develop a list of people that you can talk to if you feel stressed.

4. Describe the strategies you use to deal with stress and stressful situations.

While Viewing the Program

1. Compile a list of your identities.

2. Develop a list of reasons young people get stressed out.

3. Why is it difficult to admit that you are stressed out?

4. What are some common causes of stress for teenagers?

5. How does our body react to stress?

6. What is a stress response?

7. What is a stressor?

8. List common stressors.

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9. Compare positive and negative stressors by completing the table below.

Positive Stressors	Negative Stressors

10. List the physical symptoms of stress.

11. How can stress levels be managed?

12. Why is managing stress so important?

13. Explain why drugs are not useful in managing stress.

14. What does it mean to do tasks in 'small manageable chunks'?

15. List study stimulants.

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16. Make a list of resources that can assist with learning.

17. Outline why effective time management skills are so important.

18. List the activities that put pressure on your time.

19. Why is a diary useful?

After Viewing the Program

1. Conduct a web search to find a list of organisations which can assist with stress. Look for people, places, web addresses, organisations, phone numbers or any other resources that can assist with stress.
2. List your goals for this year. Explain why it is important for you to achieve each of these goals, and then describe how you will manage your stress levels in order to achieve these goals.
3. Develop a healthy eating plan, exercise plan and a relaxation plan to help you manage your own stress.
4. Prepare a weekly plan for yourself that can help you manage your time more effectively. In your plan include time for sleep, exercise, school, homework, paid work and social life. In your plan make sure you take into consideration:
 - The need for manageable chunks of time
 - Giving yourself rewards
 - Resources that are available to you