

Teen Health Course 3

Chapter 3 Mental and Emotional Stress

VIDEO SUMMARY

In the video, Kevin is feeling stressed about his commitments and responsibilities. He feels that he is being pulled in too many different directions, and he never has time to stop and think. His friend Nicole helps him organize his priorities into a more manageable, step-by-step plan. She also offers to help Kevin study for his math final. In the end, Kevin makes a plan to finish all of his work and manage his stress.

[Click here to watch video; 00:08:34](#)



Discussion Questions

1. In the video, what situations or responsibilities make Kevin feel stressed?
Kevin is worried about an upcoming test, band practice, and his responsibilities at home.
2. What strategies does Nicole suggest to help Kevin manage his stress?
Nicole suggests that Kevin make a step-by-step plan and tackle his tasks one at a time.
3. What are the physical and emotional effects of stress?
Answers will include: headaches, irritability, and depression.

Activity

OBJECTIVE

Students will work independently to develop a tangible tool for managing stress.

Skill Summary: Stress Management; Communication; Decision Making

MATERIALS

- Paper, pencils, rulers
- Scissors
- Tape
- Drawing materials (optional)

PROCEDURES

1. Help students to make paper cubes with 5" square sides.
2. On each side of the cube, have students write and illustrate a stress management strategy.
3. Students can use the techniques on the completed cubes to manage stress throughout the day, or they may trade cubes with another student to develop new techniques.

EXTENSION

Have students work in small groups to come up with relaxing activities that can be performed by the whole class, like stretching or listening to soft music. Incorporate students' suggestions into daily or weekly lessons.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit KidsHealth.org for stress-management tips.
- The CDC's "[Stress-O-Meter](#)" is an 8-question quiz for teens that gauges stress levels and provides a personal stress profile.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. In the video, what situations or responsibilities made Kevin feel stressed?

2. What strategies does Nicole suggest to help Kevin manage his stress?

3. What are the physical and emotional effects of stress? _____
