



Stress Management for Survival

Positive mental and emotional health!!!



True or
False?
Is all stress
bad?



Good stress v. Bad stress

Good

- Stress motivates us to do things like homework & chores
- Helps us focus
- Improves your performance
- Feels exciting!
- Doesn't last for long

Bad

- Causes anxiety
- Can be overwhelming
- Feels unpleasant
- Decreases your performance
- Can continue for a long time





What kinds of
things put
pressure on you?





PARENTS

SCHOOL

SOCIAL
MEDIA

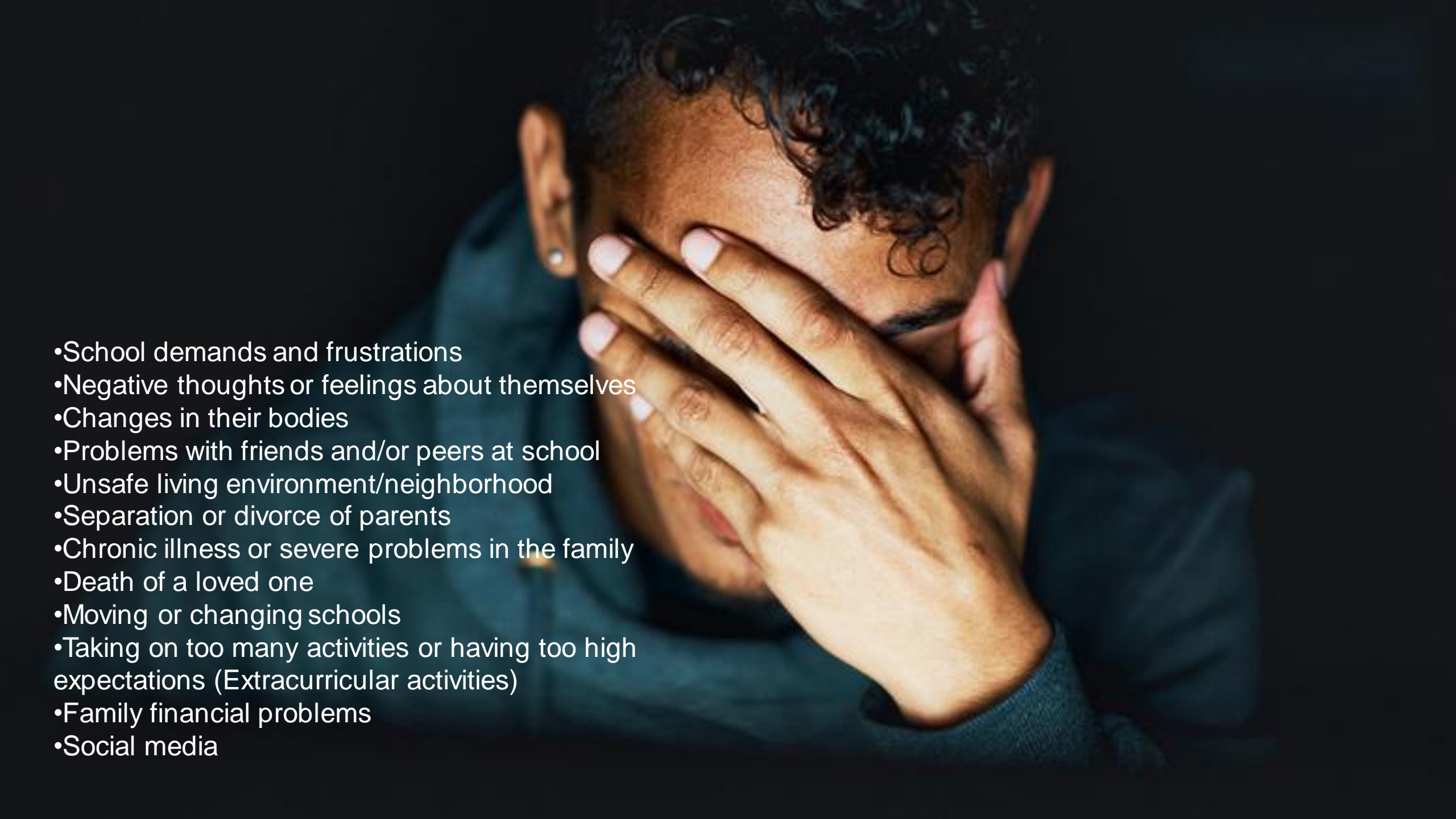
THINGS
THAT STRESS
ME OUT

BOYFRIEND/
GIRLFRIEND

FRIENDS

FAMILY

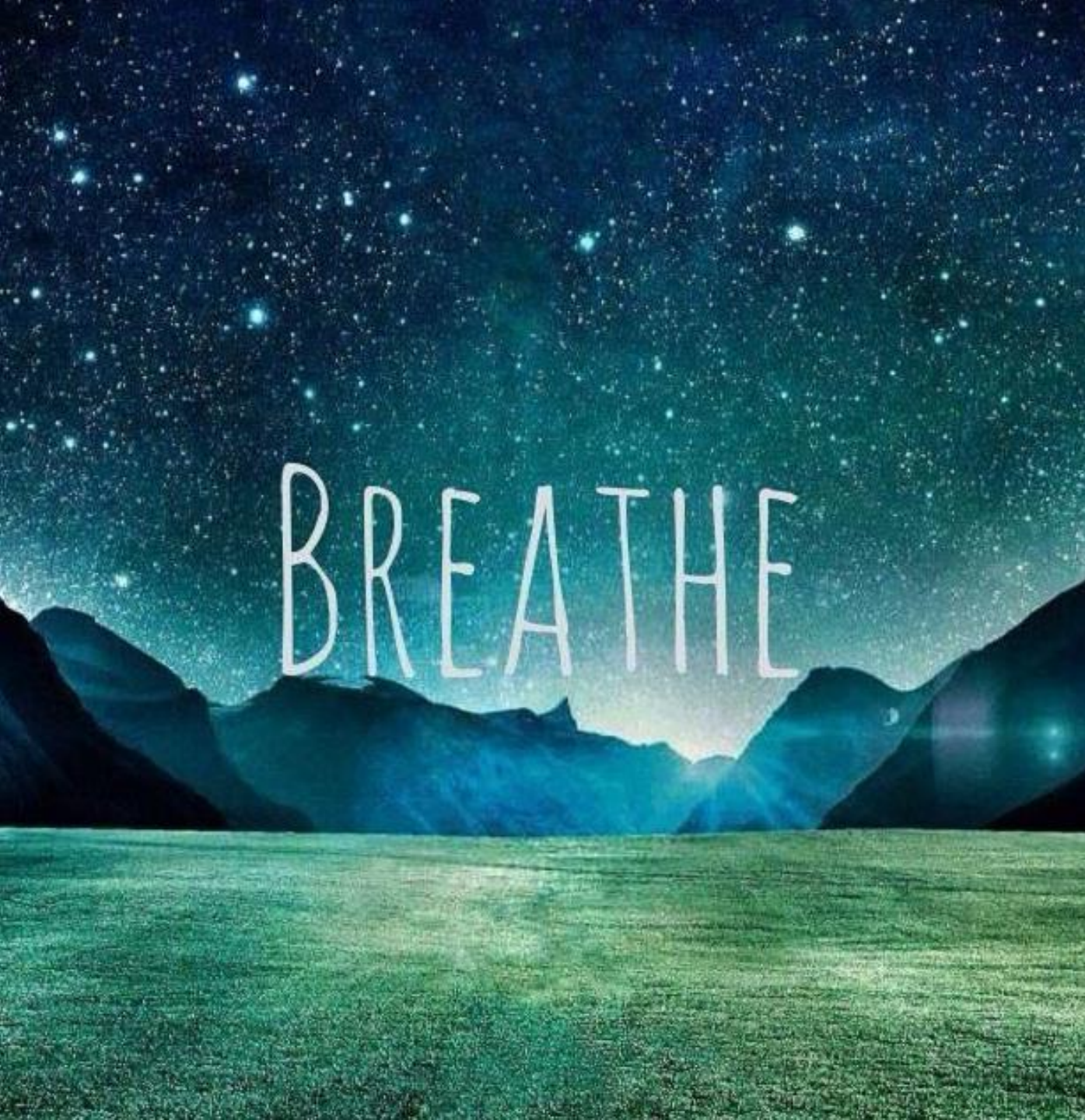


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- A close-up photograph of a young man with dark, curly hair. He is wearing a dark blue or black long-sleeved shirt. His hands are pressed against his face, with his fingers spread, covering his eyes and part of his forehead. His expression is one of distress, sadness, or frustration. The background is dark and out of focus.
- School demands and frustrations
 - Negative thoughts or feelings about themselves
 - Changes in their bodies
 - Problems with friends and/or peers at school
 - Unsafe living environment/neighborhood
 - Separation or divorce of parents
 - Chronic illness or severe problems in the family
 - Death of a loved one
 - Moving or changing schools
 - Taking on too many activities or having too high expectations (Extracurricular activities)
 - Family financial problems
 - Social media



RELAX

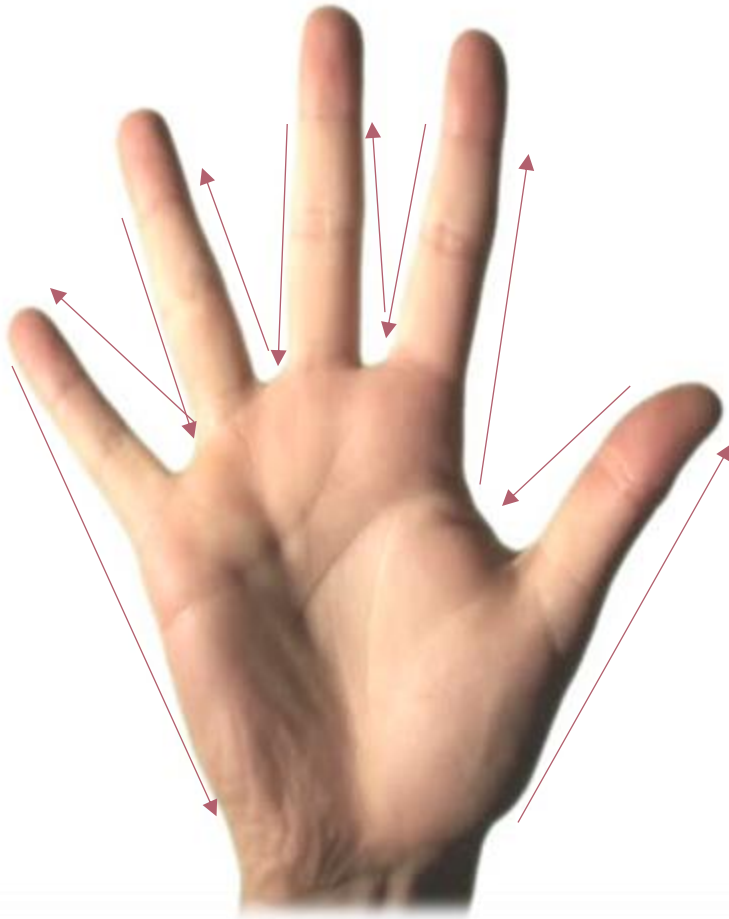
STRESS



Let's try this...



TAKE 5 BREATHING



1. Hold out your hand like a star
2. Get your pointer finger (other hand) ready to trace around your hand
3. Trace up and down your fingers slowly
Breathing in as you go up and
Breathing out as you go down
4. Keep going until you have traced your entire hand
5. Pay attention to how you feel

Japanese Stress Relief Technique in 5 Minutes

THUMB

Helps combat emotions like anxiety and worry.

INDEX

Can help you combat fear.

MIDDLE

Helps you to control anger and resentment.

RING

This finger will help you fight depression and sadness and help you to be more decisive.

PINKY

Helps to calm anxiety and increases optimism and confidence.

Simple Grounding Technique

*For panic attacks, times of high anxiety, or
any time you feel overwhelmed.*

Look around you and name

5 things you SEE

4 things you FEEL

3 things you HEAR

2 things you SMELL

1 thing you TASTE

Be sure to breathe deeply and focus on the world around you

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WHAT ARE YOUR THOUGHTS?



SELF-ESTEEM EXERCISE

- ◉ Definition of trash- “worthless material”
- ◉ Negative thoughts hinder our ability to be something great. Negative thoughts are like “worthless material” (aka trash)
- ◉ What do we do with trash? We throw it away!
- ◉ After you write down the negative thought, I want you to tear it up, stomp on it, and throw it away.



My self care plan



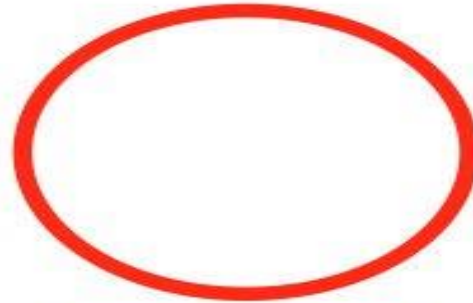
I can exercise my body by...

I can be a good friend by ...

Important people
Who I trust

I can relax my body and mind by...

This is me



I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...

QUESTIONS

