

Stress discussion and session plan

(Spring term focus on mental/Emotional Health)

TIME	20-30 minutes (allow for break-off from discussion, depending on amount of disclosure in the group and what this might entail in terms of personal support)
FORMAT	Group (Aimed at a medium size, suggest 5-10. Too large a group might stifle discussion, too small a group might not feel 'safe' enough for some participants)
AIM	This activity encourages young people to consider stress factors and develop/share some positive coping strategies for themselves or others.
TASKS	<p>Ask the group for a definition of stress. Emphasise that stress can cause powerful feelings, as well as biological changes in the body.</p> <p>Ask the young people for ideas about some of the feelings and biological changes that stress can cause.</p> <p>Next, stick up the five large sheets of coloured paper at different points in the room. Each sheet should have one of the headings below:</p> <ul style="list-style-type: none">• Situations that Anger Me• Situations that Worry Me• Situations that Make Me Happy• Situations that Make Me Excited• Situations that Scare Me <p>If more young people wish to join in, divide into smaller ones but be mindful of having sufficient staff available – the individual make-up of the group will influence this, including your knowledge of the backgrounds of those participating. Position each group next to one of the posters and hand out a selection of markers.</p> <p>Each group has one to two minutes to write down their responses to the situation on the poster in front of them. When the designated time is up, ask each group to move to the poster on their right. Continue rotating the groups until each one has written their responses to the situations on all five posters.</p> <p>Invite a spokesperson from each group to read the responses on the poster in front of them. Discuss similarities, insights, or perceptions related to the ideas listed. Talk about which responses are positive stressors and which are negative stressors.</p> <p>Conclude that stress isn't necessarily a bad thing, it can be positive in some situations.</p>

	<p>As a group consider healthy strategies to cope with the stressful situations identified. For example, going for a walk, playing sport, using art to express feelings, talking to someone, Five Ways to Wellbeing. Record these onto the flipchart paper and display or type up and distribute later.</p> <p>Ensure other colleagues are briefed that the session is going ahead and are ready to assist with any emerging personal issues.</p>
RESOURCES	<ul style="list-style-type: none"> • Five large sheets of coloured paper • A selection of coloured markers • Sticky tape • Flipchart paper • CCBC Youth Service Curriculum Strategy