

# Student Assignment



- Your assignment is a term paper worth 400 points. It will be the major part of your grade this term.
- you are to study the dating and marriage practices of a foreign country and compare them to those practiced in Utah.
- Write a double spaced, typed research paper, 12-15 pages long.
- Use a minimum of eight resources, two of which must be personal interviews of people who have lived in the country on which you are reporting.
- Have a cover sheet, bibliography and footnote page.
- Refer to special reference books which have been put on reserve at the library.

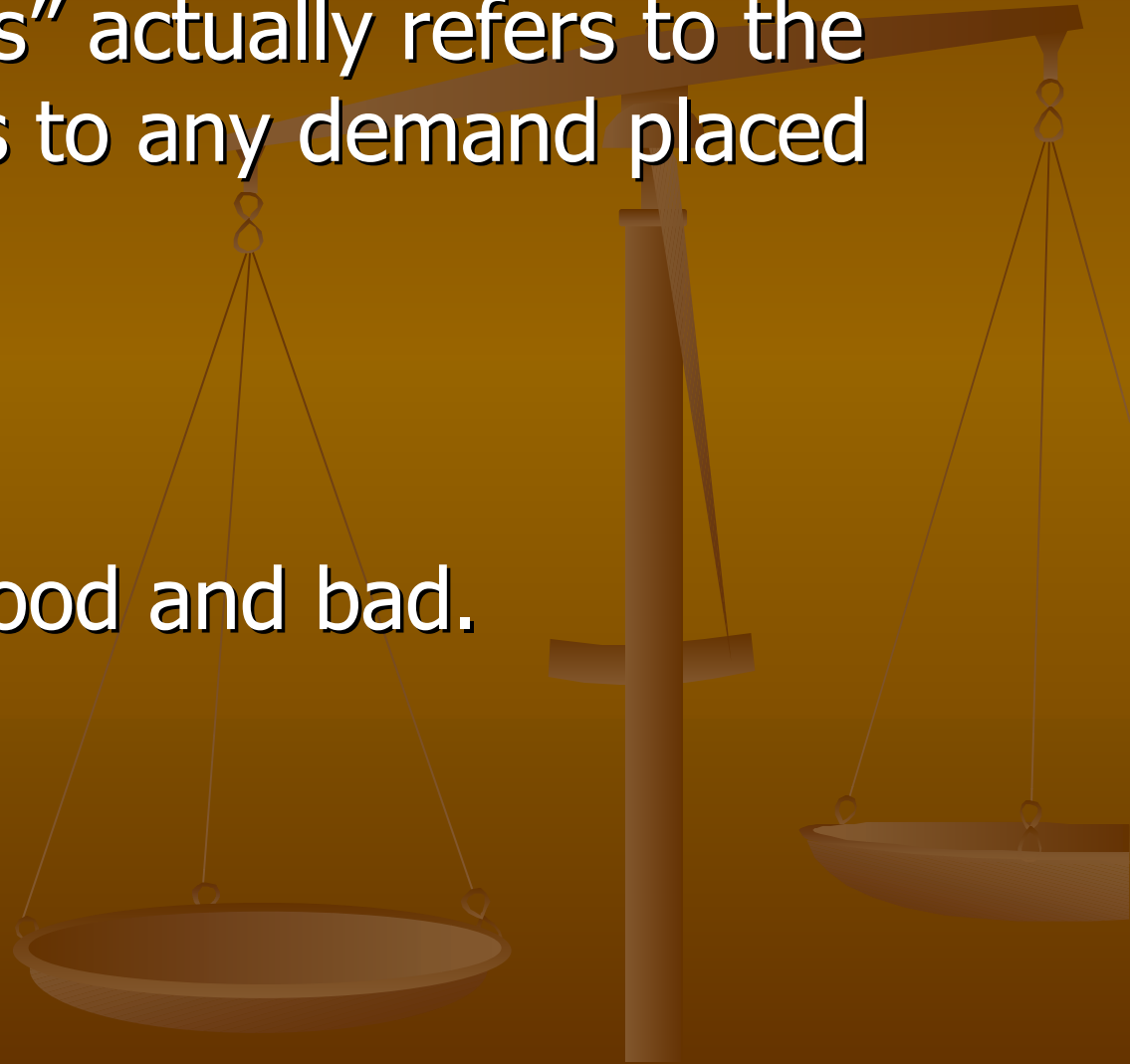


# Analization

- How do you feel?
- Are you nervous?
- How is your breathing? rapidly?
- What are your muscles feeling like?
- Is your stomach tense?

# What is Stress?

- The term “stress” actually refers to the body’s reactions to any demand placed upon it.
- Stress can be good and bad.



# Stressor

- the activity, emotion, or responsibility which is placing a demand upon you and causing stress.

Student Discussion:

What causes stress in your life?

# Steps to handling stress

- Identify the Stressor
- Identify your control over the stressor.
- Identify whether you can eliminate the stressor; if you can, do so.
- If you cannot eliminate the stress, then build your skills to deal with it.

# SYMPTOMS OF STRESS

Accident prone

Anger/ Irritability

Anxiety

Apathy

Blushing

Chain smoking

Clammy hands

Continual boredom

Inability to be alone

Inability to talk

Increased heart rate

Leg-wagging

Lip-biting

Lump in throat

Menstrual Irregularities

Muscle spasms/ tightness

Nausea

Nervous cough

Nightmares

Insomnia

Depression

Desire to run away

Diarrhea/Constipation

Dry mouth

Eating disorders

Fatigue/Weariness

Feeling faint

Fingernail biting

Guilty feelings

Hair-twirling/pulling

Headache

Heart palpitations

Hyperactive/Listless

Hypochondria

Procrastination

Rocking back and forth

Shaking

Sighing

Sleeping disorders

Stomach cramps

Stroking face

Talking too much

Talking too fast

Tearful

Temper flare-ups

Tic in eye or elsewhere

# STRESS BREAKS

## 10 second stress break:

- Identify what is annoying you. Simply identifying the problem can reduce stress.
- Tell yourself, “I don’t have to become too tense over this.”
- Take two easy, deep breaths (counting from 1-4 as you inhale and exhale).
- Relax any tense spot quickly, to the best of your ability (stiff neck, muscles, etc.)
- Stretch and resume your activity.



## 20 second stress break:

- Sit down and take a deep breath, slowly inhaling through your nose and exhaling through your mouth.
- Gently shake your head from side to side in a “no” motion and up and down in a “yes” motion.
- Take a few more deep breaths, as before. At the same time, quiet your mind by slowly saying to yourself, “relax,” or, “be calm”, or words that work for you (a favorite poem or words to a favorite song).
- Now go back to whatever you were doing, but approach the activity more calmly.

## 2 minutes stress break:

- Take two deep breaths and exhale each slowly.
- Locate a tense spot on your body and relax it as much as possible (forehead, jaw, shoulders, back, hand).
- Do two brief exercise – slowly:
  - Head Rotation: Rotate your head slowly around in a circular motion, once or twice in both directions.
  - Shoulder Roll: Slowly roll your shoulders forward and backwards a couple of times in each direction.
- Recall a pleasant thought, memory, or feeling for 10-15 seconds.
- Take one more deep, slow breath, exhale slowly and return to your activity.

# ORGANIZATION REDUCES STRESS:

1. Plan your life and set goals
2. Have duplicate keys, scissors, tape, important papers, etc.
3. Write things down
4. Don't procrastinate – that just makes the situation worse
5. Be prepared to wait. Carry a book or something to do while waiting.
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# LIFESTYLE CHANGES TO REDUCE STRESS:

1. Balance work with play
2. Learn to accept what you cannot change – don't fight the inevitable
3. Take one thing at a time
4. Get away from stressors with scheduled breaks
5. Compromise
6. Program fun and humor into life
7. Learn problem solving techniques – and use them
8. Learn relaxation techniques
9. Try new things
10. Adjust lifestyle to avoid rush hours or other situations that annoy you
11. Learn to say no
12. Fix things that don't work well
13. Simplify
14. Become more flexible – some things are not worth doing perfectly
15. Develop back-up plans, just in case something happens
16. Unplug the phone
17. Use earplugs
18. Have personal time EVERY day
19. Find a positive addiction – peaceful and playful. Do it regularly.
20. Know your own stress levels, and live within them
21. Change our daily routine
22. Eliminate time wasters

# PHYSICAL STRESS REDUCES:

1. Get enough sleep and rest (avoid sleeping pills)
2. Monitor breathing – shallow breathing results in muscle tension
3. Exercise regularly – relaxed muscles make relaxed nerves
4. Listen to your body. Headaches, upset stomach, excessive worrying, and an inability to concentrate, are symptoms that you need some help.
5. Avoid any kind of self-medication
6. Eat balanced meals
7. Take breaks often. Stand up and walk around, do light exercises, etc.
8. Make your environment fit your needs
9. Dress comfortably
10. Look your best
11. Take a hot bath or shower to relax nerves
12. Pace yourself – don't try to do everything at once
13. Have regular physical check-ups
14. Physically remove yourself from stressful situations

# METHODS OF COPING

- Change our life style
- Learn progressive relaxation
- Use mental imagery
- Get adequate rest
- Learn relaxation techniques
- Eat a proper diet
- Get regular exercise
- Develop hobbies or new sports you enjoy
- Keep balance between work and play
- Eliminate bad habits
- Learn to pace yourself
- Realize your limits and plan around them
- Learn flexibility and to accept imperfections
- Avoid loneliness – learn to develop friendships
- Avoid self pity
- Don't be afraid to compromise
- Learn to accept what you cannot change
- Talk about your troubles to people you can trust
- Develop a positive attitude
- Take a mini vacation
- Learn to accept what you cannot change
- Learn from your experiences – don't dwell on them
- Maintain healthy weight
- Involve others in decision making
- Take a walk
- Plan some time just for yourself each day
- Read books that demand concentration
- Have a place to retreat where you can be alone
- Use humor
- Concentrate on what you are doing

# “Humor”

- Rootword “umor”  
which means fluid like  
water.

Water wears sand  
down.

## 3 humor skills

1. Ability to see the absurdity in difficult situations.
2. Ability to take yourself lightly while taking your work seriously.
3. A disciplined sense of Joy in being alive.

# Benefits of fun and laughter

- Stimulates the Immune System
- Stimulates Mental Functioning
- Enhances Creativity
- Enhances Production
- Increases Motivation
- Increases Positive Attitude
- Lowers Stress
- Reduces Anger and Hostility





- Play clip from Mary Poppins where they are at the grandfather's house and singing the song “I love to laugh”.



# Humor can help you:

Thrive in change

Remain creative under pressure

Works more effectively

Play more enthusiastic

Stay Healthier

# Humor is an actual attitude on the brain.

- Stupid: Means ignorant and uneducated. People do stupid things because they do not know any better.
- Silly: Originally means to have a good prosperous day.



# Stages of Humor Development

- Giggling Prankster Stage – Early childhood, 1-5 years old
- Foolish Comics Stage – middle childhood, 6-9 years
- Puzzling Riddler Stage – late childhood 9-12 years
- Punning Wit Stage – Early adolescent 12-15 years
- Satirical Critic Stage – Adolescent + adult

# STUDENT ACTIVITIES

- Baby position: If classroom space allows have students lay on the floor in the fetal position. Legs curled up against chest.
- Walk, Stretch, Power, Float: Students will walk around, stop and stretch arms & legs, show power and then move around the room as if they are floating.
- You are three dimensional, feel yourself breath: Turn off lights, have students close their eyes and mentally imagine themselves as being three dimensional. Have students concentrate on their breathing in and out.
- SBS exercise (Stand, Breath, Sit)

# Student Sculpture

- Out of modeling clay create an object that relates to some source of stress in their lives.
- Share with students around you your creation.



*Remember!!*

*“stressed” is just “desserts”  
spelled backwards*

