

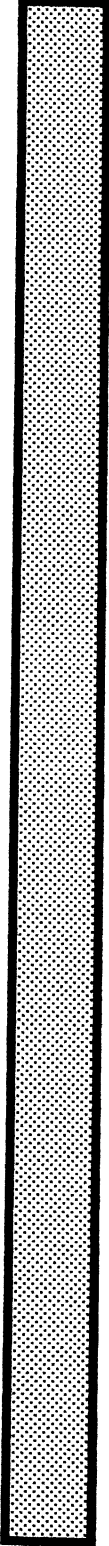


STRESS

MENTAL AND/OR

PHYSICAL TENSION

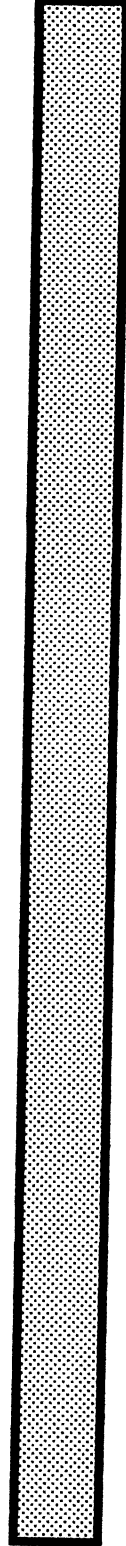


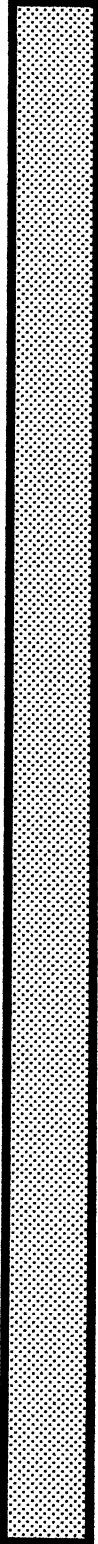


DISTRESS

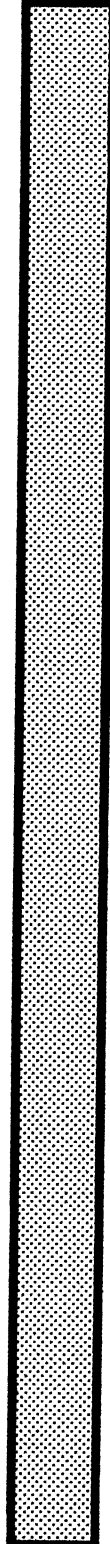
ANXIETY OR SUFFERING

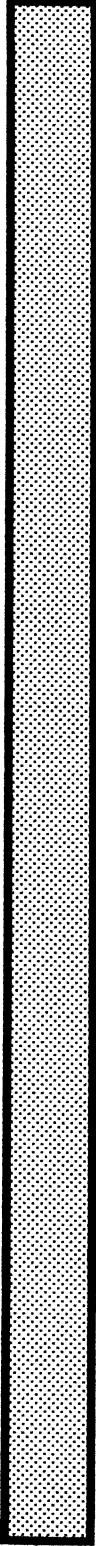
DUE TO EXCESSIVE STRESS



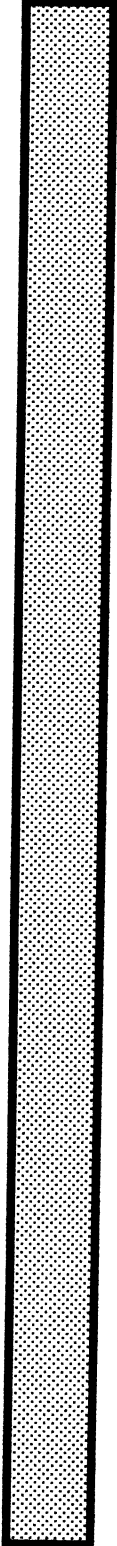


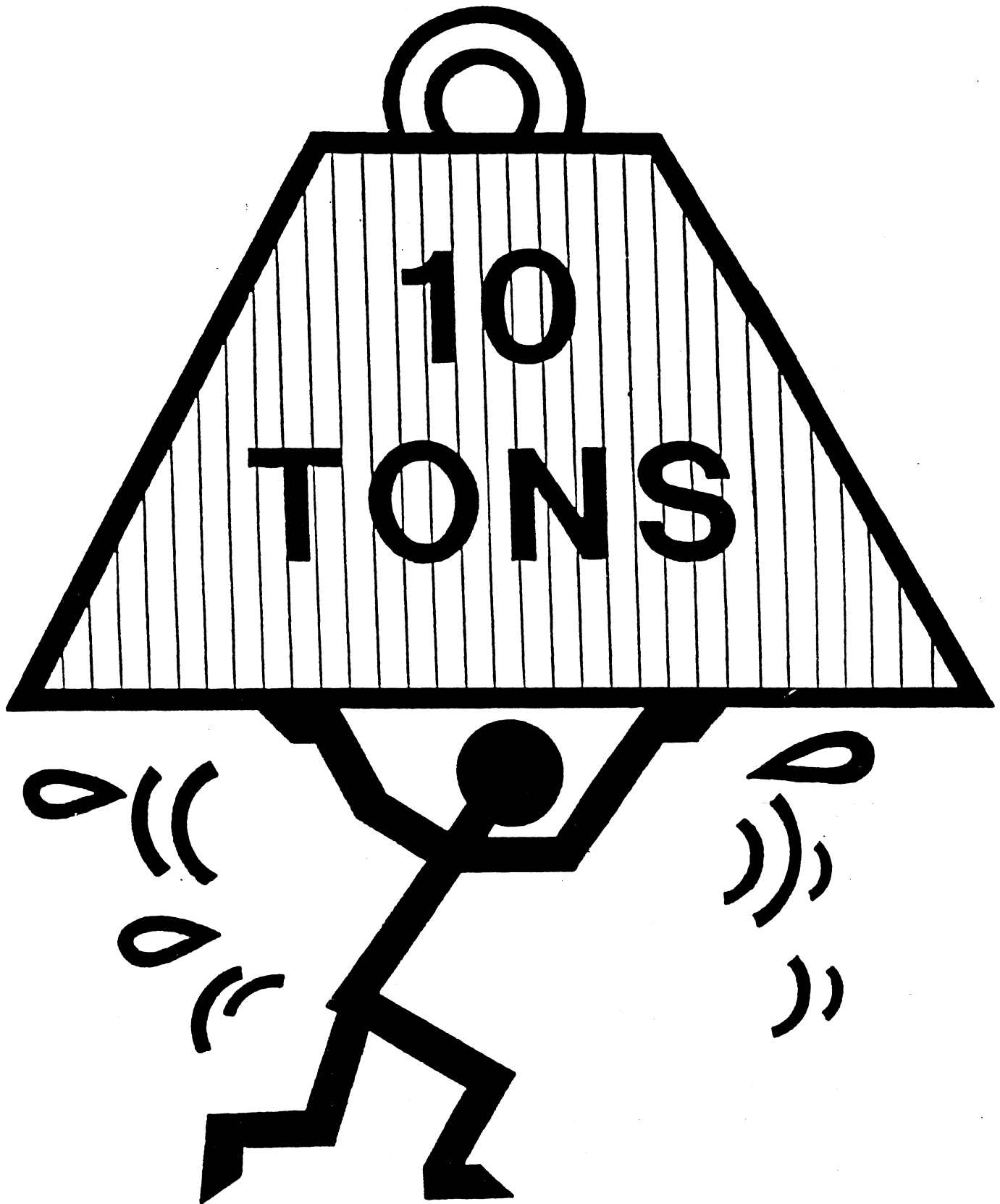
STRESSOR
ANYTHING THAT CAUSES
STRESS OR TENSION





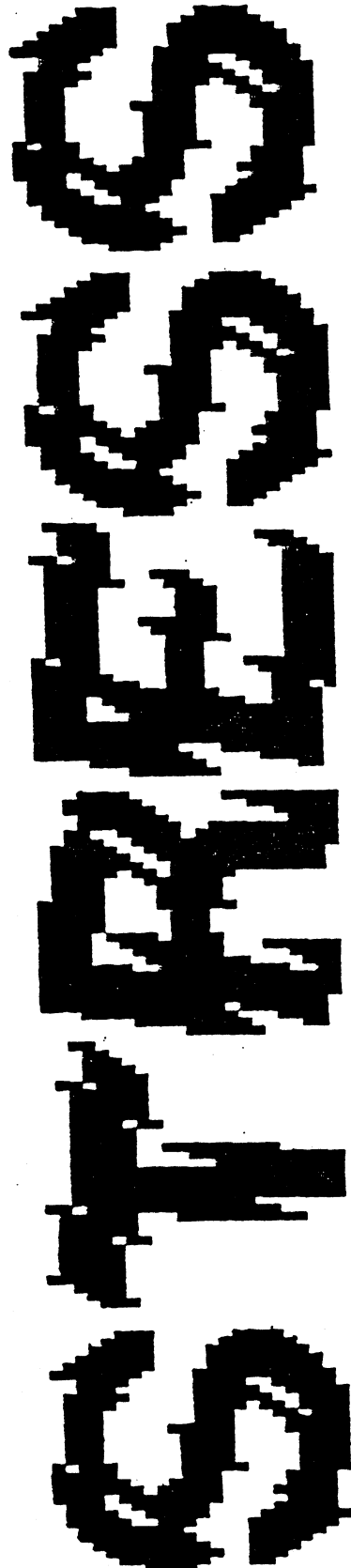
**STRESS
REDUCER
ANY ACTION OR ACTIVITY
THAT RELIEVES
OR REDUCES STRESS**





TOPIC #3: Stress Management

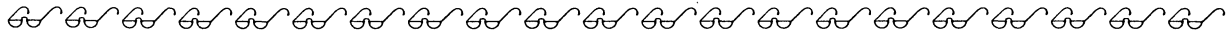
Teacher Resource





STRESSORS

REDUCERS



COLOR BLUE ACTIVITY

1. Have the students relax in their chairs, put their hands down, and close their eyes if they wish. Begin calmly talking them through this activity, keeping your voice soft, slow, and warm. The room should be quiet and the activity without interruptions, if possible. Be sure to allow enough time to totally complete the activity before going on to something else. Orally instruct the students through every little step, slowly and calmly.
2. Have the students inhale five (5) big, long breaths through their noses and exhale the five (5) big, long breaths through their mouths. Have the students visualize the color "blue" throughout this activity, letting things that are blue in color flash through their minds, things that are soothing, refreshing, calm, cuddly, etc. Try to get the students to feel more relaxed with each breath and to concentrate on the exhale portion of the exercise and elongate it as much as possible. (Excessive inhaling causes hyperventilation and is what people tend to do when they become anxious. Therefore, it is the exhaling that causes them to relax and be calm.)
3. As the students continue to inhale and exhale slowly, ask them to picture in their minds a place they would most like to be—such as on the beach, in the mountains, by the fireplace, etc., or anyplace where they feel relaxed. Then have the students picture everything about that place—the sounds, smells, feelings, environment (trees, water, sun, wind, etc.) Talk about the feelings of being relaxed, using words such as "warm" and "heavy" as you help them picture their own setting. Allow the students to continue in the relaxed state for a minute or so.
4. Isolate special muscle groups in the body for relaxation, beginning with the toes, then the feet, then ankles, calves, thighs, etc., until the whole body has been relaxed. Tell the students to pretend they are rag dolls and are totally limp.
5. Have the students prepare to leave the relaxed state by having them count backward from 10 to 0, opening their eyes on the count of zero, raising their arms, stretching their legs, and feeling the new energy flow through their system.



CAREER INFORMATION

COUNSELOR: Counselors help individuals deal with personal, social, educational, and career problems and concerns. School and college counselors help students understand themselves better and help them find realistic academic and career opportunities. Counselors must be skillful communicators and must enjoy working with people.

Generally a master's degree is required for most types of counseling careers.

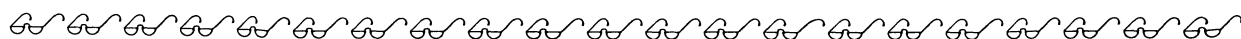
SOCIAL WORKER: Social workers help people cope with crises and/or to have a better quality of life. They assist individuals and families whose lives are being torn apart by problems such as poverty, alcoholism, drug abuse, behavioral problems, or illness. There are a number of areas of work such as mental health, children and youth services, family services, school social work, disabled social work, etc. People who are social workers must be very "people oriented" and have a strong desire to help others.

A bachelor's degree is the minimum requirement for most positions in this field. For position and salary advancement, advanced degrees are often required.

PSYCHOLOGIST: A psychologist is a person who studies human behavior and mental processes to understand and explain people's actions. There are a number of different kinds of psychologists and they do different kinds of work. Some of them are:

Clinical = work in hospitals
 Experimental = do research
 Industrial = work in industry
 Educational = work in schools

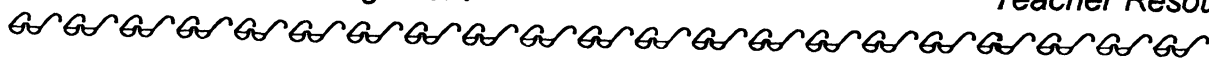
A doctoral degree is generally required for employment and/or practice and this takes 3 to 5 years of schooling beyond a bachelor's degree. Many times two more years of professional experience is required before licensing. It is necessary to have a license from the state where you will be working before you can begin work.



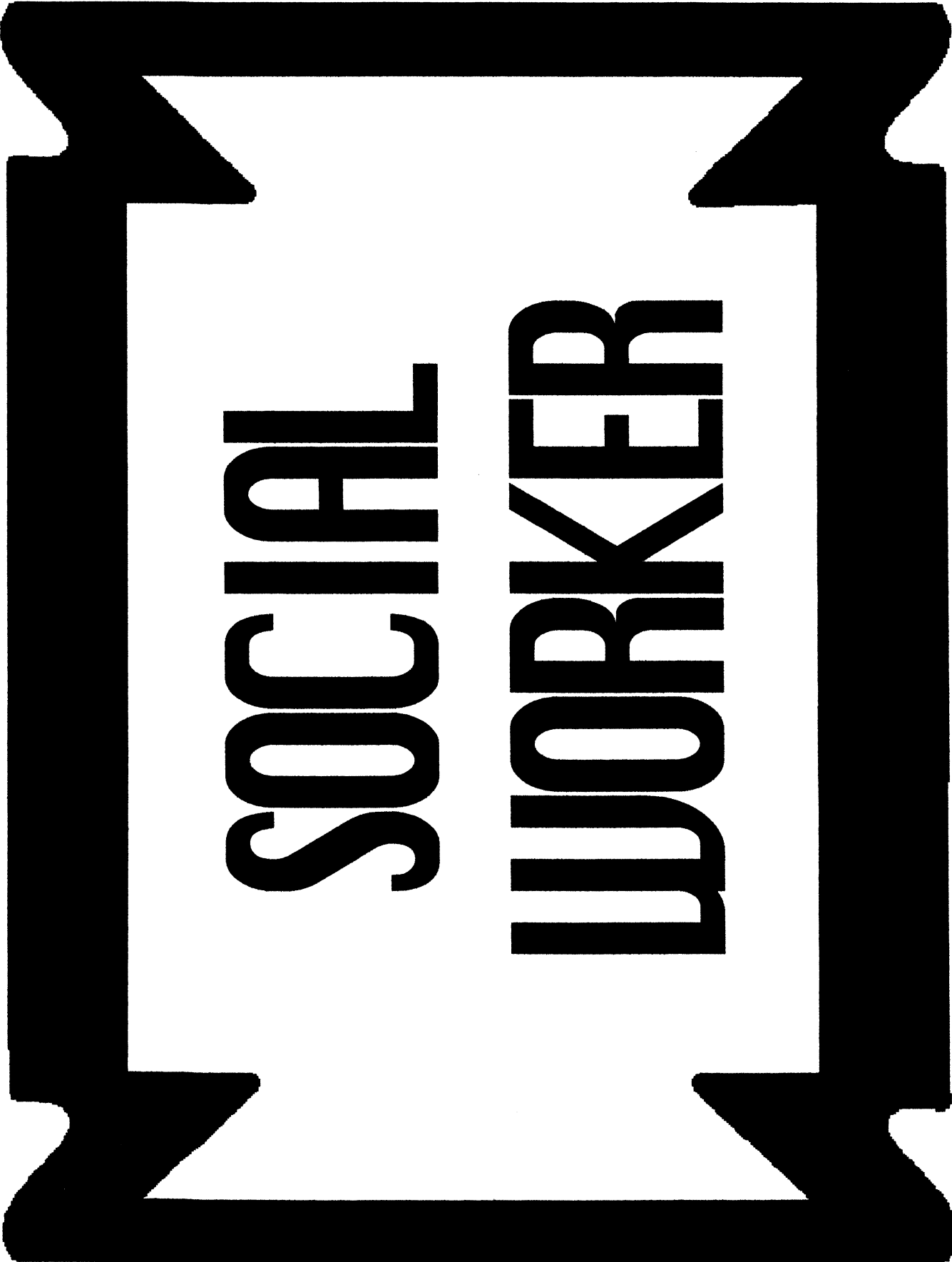
CAREER INFORMATION

PSYCHIATRIST: A psychologist with an additional degree in medicine is called a psychiatrist. This requires a minimum of eight years of study after high school, plus two more years of graduate medical education (called a residency) before a person can become a licensed psychiatrist. Salaries depend on a number of factors such as locale, experience, demand, etc.





COUNSELOR





PSYCHOLOGIST



PSYCHIATRIST