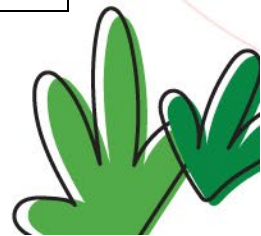




## DEAL WITH STRESS

<b>Introduction</b>	Everyone experiences stress from time to time. Whether it is stress due to pressure at school, loneliness, money worries or problems at home. Stress is very annoying and can really bother you.
<b>Objective / teachers' goal</b>	The students reflect on how they feel and whether they are satisfied with their school-private balance. Three tips are discussed on how to deal with stress: 1. Breathe in and out deeply (students are introduced to a meditation practice). 2. Talk about it. The students investigate and exchange who they can turn to for help (in their private situation/ at school and nationally). 3. Take a break/ take care of yourself.
<b>Relation to competence framework</b> <a href="#">INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</a>	Understanding mental health (personal level)
<b>Dimensions (check the dimensions and related aspects below)</b> <input type="checkbox"/> Bodily functions <input checked="" type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning	
<b>Materials</b>	<ul style="list-style-type: none"><li>• Smartboard</li><li>• Smartphone</li><li>• Paper and pen</li></ul>
<b>Approach</b>	<p><b>Introduction:</b> The students discuss the following question with a fellow student (someone they feel comfortable with):</p> <ul style="list-style-type: none"><li>• <i>Do you feel comfortable at the moment?</i></li><li>• <i>Is school and your private life balanced?</i></li><li>• <i>Do you currently experience stress?</i></li></ul> <p><b>The teacher shows the students the next video:</b> <a href="https://youtu.be/XLump0tLvg8">https://youtu.be/XLump0tLvg8</a> (only available in Dutch).</p> <p>Summary of the video: this video is part of an initiative of ROC Midden Nederland to support student well-being. The initiative is called 'To feel good' challenge and</p>





contains six challenges whereby happiness-psychologist Merijn Ruis gives practical and useful tips for students to enhance their wellbeing. This clip is about dealing with stress. The corona crisis has just ended and now there is war in Ukraine. This type of events, or other situations such as, loneliness, money worries, no internship, discrimination or bad grades can make you feel restless, anxious or stressed. If you experience a lot of stress at this moment in your life, you can apply the following three tips:

1. Take a deep breath
2. Talk about it
3. Give yourself a break

The students discuss the questions below, with the same student as before the video:

- What makes you happy right now?
- What makes you feel relaxed?
- What were the three tips from the video?
- What do you think of the three tips from the video?

**Assignment 1: Take a deep breath/ (Meditation)**

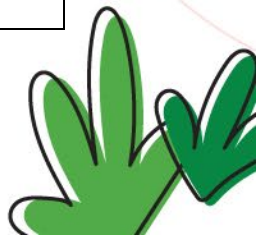
Be aware not everyone likes to do a mediation exercise, so mention the exercise is to get the opportunity to experience guided meditation or to see what meditation is. Therefore, choose a short meditation exercise of up to five minutes. Mention that everyone is quite during the meditation video, in case someone wants to experience the meditation exercise. The video is only available in Dutch. You can probably find one in your own language or in English.

[https://www.youtube.com/watch?v= hp193-yi78](https://www.youtube.com/watch?v=hp193-yi78) (only available in Dutch).

**Assignment 2: Talk about it/ ask for help**

The video (from the introduction) shows not everyone has someone around to talk about their concerns or problems. That's why it's important to know where else you can go and ask for help. Students go outside in pairs and discuss the questions below while they're walking. Students can use their phone search where or from whom you can ask for help.

Questions:





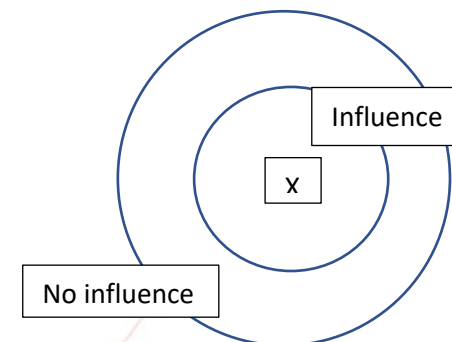
- When do you ask for help?
- Where can you ask for help?
- Who can you ask for help?
- Which number(s) can you call?

After the exercise the answers are discussed in class. The teacher asks the students which information they've found and if they want to share it in class.

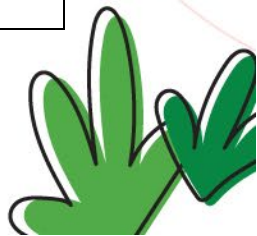
### Assignment 3: Circle of influence

The students come up with situations that they are worried about or that cause stress. The students are given a sheet of paper and put themselves in the middle (put a small crotch on the paper). Around the crotch they draw two circles (see example). In the first circle they write down the things they can influence and in the second circle they write down the things they are unable to influence regarding the situation that causes stress. The aim is students literally gain insight into what he/she can or cannot influence.

Example:



For example, you can't control the weather or whether it is raining or not. But, when it's raining you can decide whether you go out or stay inside. And if you decide to go out, you can choose to take an umbrella with you. So instead of keeping complaining about the weather you can influence your own decisions.





	<p>Now look at your circle of influence:</p> <ul style="list-style-type: none"><li>• From which stressful situations can you take a break? (What is in the no influence circle?)</li><li>• How could you do that?</li></ul>
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	<ul style="list-style-type: none"><li>• Meditation</li><li>• Individual and duo assignments</li></ul>
Duration	30 – 45 min.
Final goal (learning outcome)	The students can tell how they feel and what their school-private balance looks like. They can argue whether or not they are satisfied with this balance. The students are able to name three tips about dealing with stress and can apply these tips to his/ her own situation.





<b>Dimension/Aspects</b>							
<b>Bodily functions</b>	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
<b>Mental well-being</b>	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
<b>Quality of life</b>	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
<b>Social participation</b>	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
<b>Daily functioning</b>	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
<b>Meaning</b>	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

