Stress & Anxiety

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 3**
Time Period: **Semester 2**
Length: **1 week**
Status: **Published**

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).

Enduring Understandings

1. Communicate to students the fact that teens in today's society experience many different forms of stress that can cause anxiety in their daily lives. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

2. Assist students in understanding how they think about and react to stress itself can improve personal health and wellness. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

3. Empower students to practice optimism reduces stress, improves health and enhances functioning. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.*

Essential Questions

1. What are the common stressors that today's teens encounter?

2. Where does the stress and anxiety in one's life stem from?

3. What are healthy and effective ways to manage stress and anxiety?

4. How can practicing positive coping skills help students cope with their stress?

Knowledge and Skills

The performance expectations are:

- Analyze personal behaviors in reference to managing stress and anxiety. ***HE.9-12.2.1.12.EH.1***
- Identify coping skills that an individual can utilize to maintain overall wellness. ***HE.9-12.2.1.12.EH.2***
- Determine the difference between positive and negative coping skills. ***HE.9-12.2.1.12.EH.3***
- Identify the seven deminisions of wellness. ***HE.9-12.2.1.12.EH.1***
- Determine actions that impact personal wellness. ***HE.9-12.2.1.12.EH.2***
- Recognize and access WH school resources. ***HE.9-12.2.1.12.EH.4, HE.9-12.2.1.12.CHSS.1***

Transfer Goals

1. Students will be able to independently understand variables that impact personal wellness.

2. Students will be able to independently identify and utilize strategies and resources at WH to manage stress.

3. Students will be able to independently incorporate positive coping skills to help deal with stress and anxiety.

Resources

Generation Stressed YouTube Video

Stress Management Self-Assessment

Coping Skills Toolbox

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline
- Mosaic Counseling
- WHRHS SAC
- Chris Herren - Motivational Guest Speaker - https://herrentalks.com/
- Strive to Revive

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit