

# Unit 6 - Stress Management/Self Esteem

Content Area: **Unified Arts**  
Course(s): **Health 6**  
Time Period: **May**  
Length: **22 Days**  
Status: **Published**

## Unit Summary

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Stress can affect you in both negative and positive ways. You can manage stress by learning skills to reduce the amount and impact of stress in your life. How to build up self-esteem for ourselves and others.

## Standards

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HPE.2.1.6.C.3	Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.
HPE.2.1.6.E.3	Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.A.1	Demonstrate knowledge of a real world problem using digital tools.
TECH.8.1.8.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.C.CS2	Communicate information and ideas to multiple audiences using a variety of media and formats.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn the difference between positive/negative ways to handle stress.
- Students will learn methods and coping mechanisms to reduce the amount of stress.
- Students will learn the difference between short/minor and long/major stress.
- Students will learn resources to help balance family, school, work, and local community roles.
- Students will learn skills necessary to exhibit and maintain a positive self concept.
- Students will learn the influences on self-concept, self-esteem and resilience.

## Essential Questions

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- What effect does stress on my body physically, emotionally, mentally?
- What are healthy strategies to reduce the amount of stress in my life?
- How can positive and negative stress improve motivation?

- How would a positive self-concept help you grow?
- What suggestions could you give to someone who has a negative self-concept?

## **Enduring Understandings**

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- Students will understand that stress management skills impact an individual's ability to cope with different types of emotional situations.
- Students will understand that stress is a normal part of life and can affect how we feel physically/emotionally/mentally.
- Students will understand that as they develop different stress develops.
- Students will understand that daily stressors include homework, conflicts with friends or siblings, projects, etc.
- Students will understand that major stress include moving, illness or death in the family.
- Students will understand that there are many ways to manage stress in healthy ways.

## **Application**

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- Students will be able to independently use their learning to develop their own sense of self esteem, resilience, tolerance, and coping skills support social and emotional health.

## **Skills**

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Students will be skilled at:

- Comparing and contrasting the common mental illnesses that adolescents may encounter.
- Explaining the causes of mental illnesses.
- Identifying ways to detect and treat a mental illness in a loved one.
- Identifying traits that students' like about themselves and classmates