

# 07 Stress

Content Area: **Health and Physical Education**  
Course(s):  
Time Period: **Marking Period 3**  
Length: **1 week**  
Status: **Published**

## Brief Summary of Unit

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This unit will address how to effectively cope with and manage daily stressors in teenage life. Students will learn about the different types of stress, learn how to identify stressors, and ways to positively utilize stress to their advantage. Emphasis will be placed on stress management techniques that can be used in real life situations.

Revised June 2022

## Standards

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HE.9-12.2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
HE.9-12.2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
HE.9-12.2.1.12.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).

## Essential Questions

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How does stress affect the body, both physically and mentally, and how does one manage stress on the body?

What is the difference between eustress and distress and how can one positively utilize stress to their advantage?

## Students Will Know/Students Will Be Skilled At

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both distress and eustress are always present in life

methods of resuming homeostasis during times of distress

the different types of stressors that exist

stress management and prevention techniques

the more that they practice personal stress management skills, the easier it will be to cope with any type of stress

## **Learning Plan**

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Preview the essential questions and connect to learning throughout the unit.

Complete a stress do now where students identify times they have experienced eustress, distress, and homeostasis

Review stress management techniques for teenagers

Complete a stress management worksheet identifying stressors, stress reduction techniques, and prevention strategies

Practice Quiz

Unit test

## **Evidence/Performance Tasks**

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Completed guided notes packets

Stress management technique worksheets

Practice quiz

Unit test

## **Materials**

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Laptops

Projector

Construction paper

Markers

Course videos

## **Suggested Strategies for Modification**

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one-to-one instruction and assistance

cooperative learning groups

study partners

additional time on task

assessment based on individual development in the area of study

images and visual aids

handouts of notes, procedures, processes, diagrams, etc.

preferential seating

reading material modified to student level

testing materials appropriate to student level

Google Slides Presentations

Lectures

Group work

Presentation/ Skits

Class Discussions

Videos

Research through technology

Extended time on quizzes

