



STRESS & MINDFULNESS.

April MSA Lesson

Types of STRESS

Internal

Internal stressors are the sources of stress that are inside us and are often the most common sources of stress. They are the thoughts and feelings that pop into your head and cause you to feel unease, these can include unrealistic expectations, uncertainties, low self esteem and apprehensions.

External

External stress is stress that comes from the environment. Anything from noise, overcrowding and pollution to relationship/financial problems, major life changes, pressure from work/family or daily hassles. For instance, working too hard or not managing your time well can take its toll.

EXAMPLES of STRESS

Internal

- 1.
- 2.
- 3.

External

- 1.
- 2.
- 3.

Students, draw anywhere on this slide!

Pear Deck Interactive Slide
Do not remove this bar



What is MINDFULNESS?

Why is it
important to
possess
mindfulness?



Students, write your response!



Ways to Achieve Mindfulness



Mindfulness with Music

Listen to songs without multitasking. Mindfulness is about being present in every moment.



Mindful Problem-Solving

Think about the emotions the problem brings, the reaction you have, and how to stay present and level-headed.



Guided Meditation

Progressive muscle relaxation exercises are a great place to start!

Breathing Exercises

For example, trace your hand while breathing in and out – breathing in every time you trace up, and breathing out every time you trace down.

Mindful Coloring

Pair the coloring strokes with your breath – focus only on the movement of your hands.

Mindful Eating

Paying close attention to what we consume and savoring our food, rather than wolfing food down distractedly. Use all of your senses to experience what you eat.

CHOICE BOARD

Take a look at the Choice Board to determine how you would like to continue to study this month's theme, Stress & Mindfulness!

You will have the next MSA class or two to complete an option from this board.