



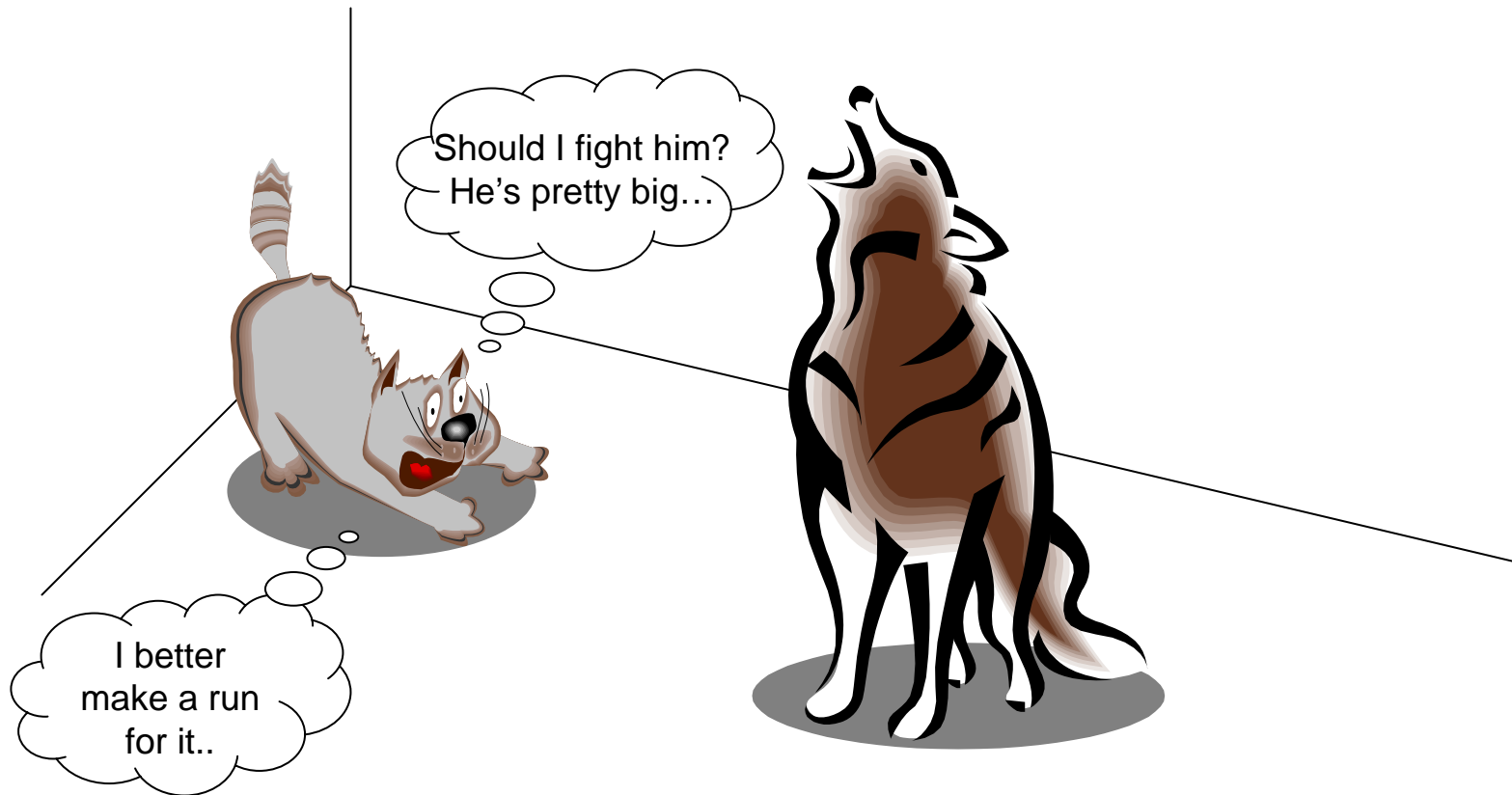
Family Education & Support Youth Program Session Two

~ Stress Management ~



How We Handle Stress

Stress can set off chemical reactions in our brains that turn on our “fight or flight” response. Animals do this too. Our fight or flight response can help us act quickly in the face of crisis.

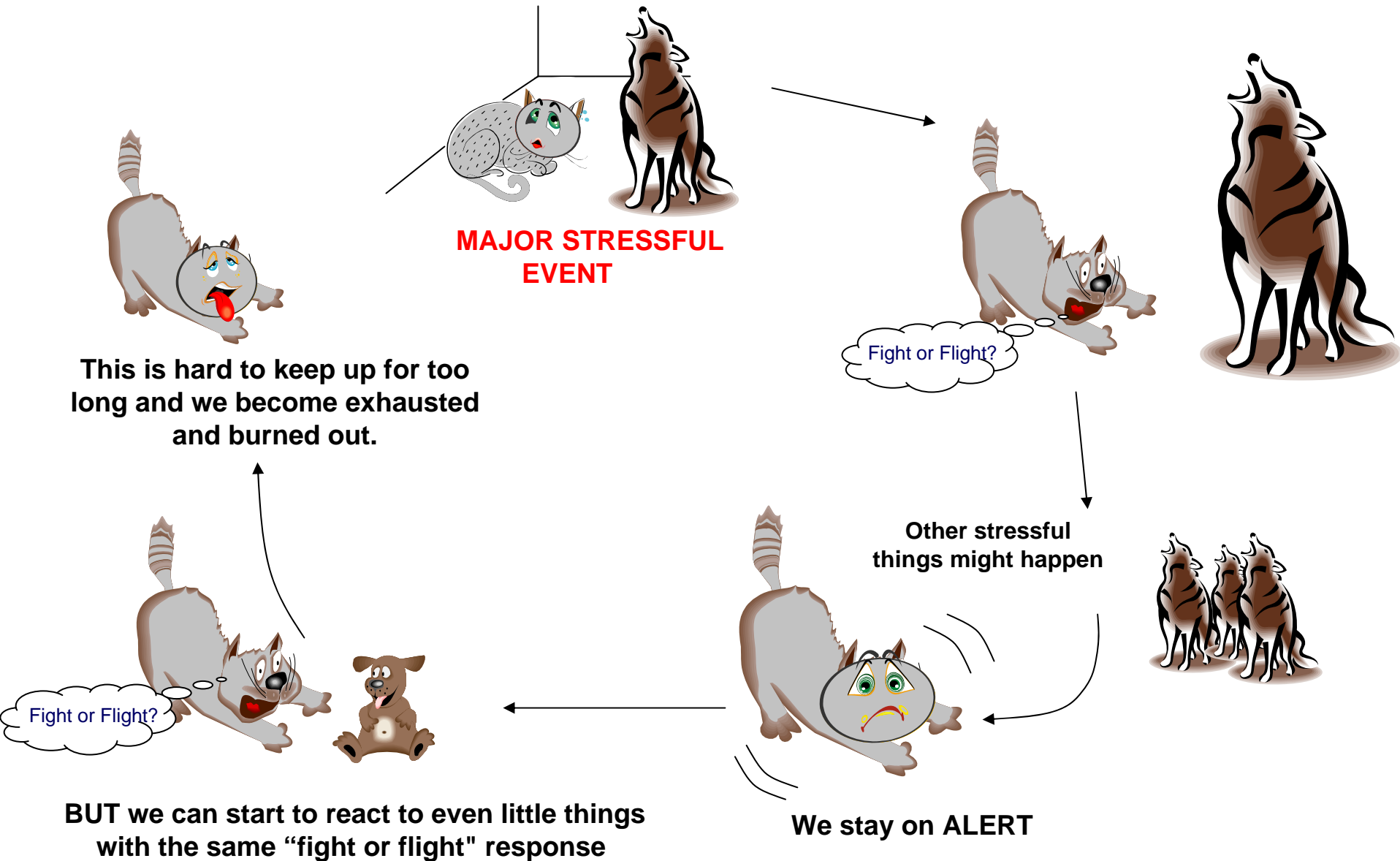


This cat is backed into a corner.

What will he do to get out of this?

How Stress Affects Us

Our fight or flight response can help us act quickly in the face of crisis.
We can't keep this up for too long because it takes too much energy



STRESS !!!!!

Please make up a list of *anything* you can think of that makes you stressed out. Can be anywhere, school, home, neighborhood....

Which of these things make you feel like you want to fight your way out of it or back away from it:



FIGHT



FLIGHT



or

Please look back at your lists of stressful things

~ Fight ~



How do you feel when these things are happening?

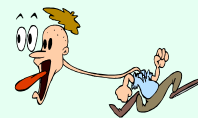
Feelings: Angry, mad, frustrated...?

Body: Face gets hot, clenched teeth, heart pounds...?

**How do you act?
What do you do?**

Argue, slam doors, get in the person's face...?

~ Flight ~



How do you feel when these things are happening?

Feelings: Anxious, sad, scared...?

Body: Stomach tightens, heart pounds, headache...?

**How do you act?
What do you do?**

Storm off, stop talking, ignore person, over eat...?

WHAT STRESSES ME OUT

When I get angry...

What is going on:

Who I am with:

What I do:

People use my stuff without asking

My brother

I yell at him to get out of my stuff

When I worry a lot...

What is going on:

Who I am with:

What I do:

When I feel sad...

What is going on:

Who I am with:

What I do:



~ Stress Busters ~

Make a list of healthy ways to cope with stress. Be creative !

Use your **“What stresses me out”** list to think of ways to help stop those things from happening before they happen!



