

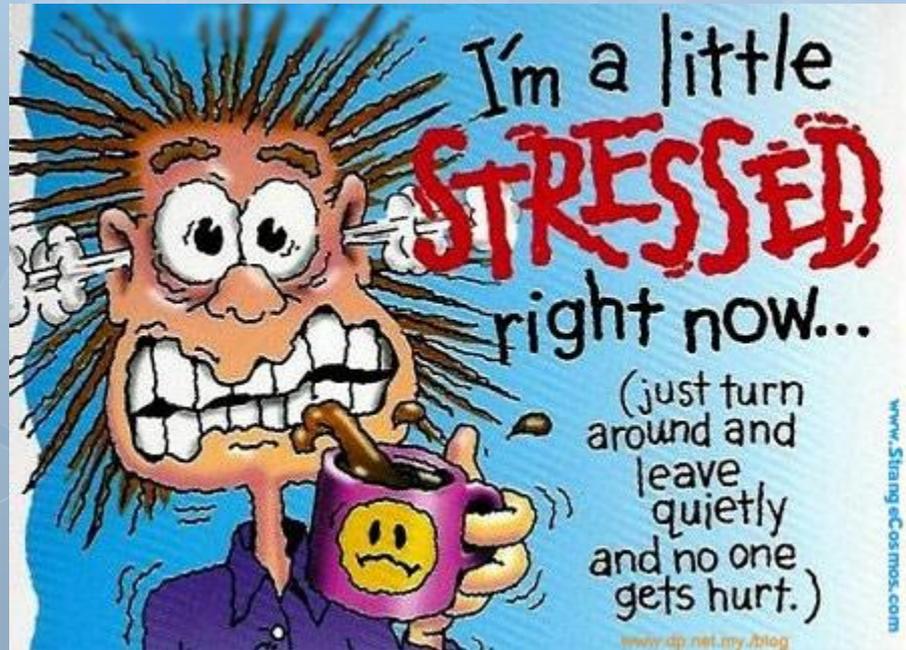
6.MEH.2 – Analyze  
the potential  
outcome of  
positive stress  
management  
technique.

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6.MEH.2.1 Organize common responses to stressors based on the degree to which they are positive or negative and their likely health outcomes.

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# Stress: Causes and Effects

# POSITIVE AND NEGATIVE STRESS

**Distress:** a harmful response to a stressor

**Eustress:** a healthful response to a stressor

**D = DECIDING TO PRETEND TO BE SICK ON TESTING DAY.**

**I =**

**S =**

**T = TAKING ANGER OUT ON A YOUNGER CHILD.**

**R =**

**E =**

**S =**

**S =**

AND

**E =**

**U = USING BREATHING EXERCISES TO CALM DOWN BEFORE A TEST.**

**S =**

**T =**

**R =**

**E =**

**S = SAYING, "I CAN MANAGE THIS SET BACK."**

**S =**

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**"Hi, this is Cindy! To ask me out, press 1. To break up with me, press 2. To tell me I'm cute, press 3...."**

# Statement of Objectives:

- *Today we will identify different types of stressors and the cause and effect of each. By the end of the lesson, you will be able to compare and contrast various types of stressors. You will know common responses to stressors and be able to determine the positive or negative health consequences of those outcomes.*

## Stressors in My Life

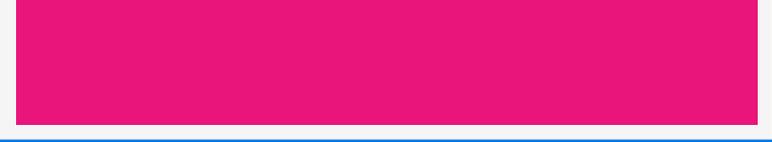
The bus came early and I missed it again.  
I forgot my homework, "Oh, well!"  
I must finish my chores to get my allowance.  
The goldfish bowl is beginning to smell.

My parents expect my grades to improve.  
My teachers are certain I'm smarter  
Than my grades would reflect, so they say,  
"You can do it if you just try harder."

My cranky Aunt Agnes is visiting this weekend.  
For her, the piano I must play.  
Our team is dead last in volleyball intramurals.  
In the cafeteria, I dropped my tray.

A big assignment is due tomorrow  
And, of course, our computer has crashed.  
My older sister used all the hot water.  
Now I think I'm getting a rash.

They say that stress is "just part of life"  
And we must all learn to cope.  
I say stress comes from too many directions  
And to have less stress is my HOPE!

- 
- Are the stressors in the poem are those experienced by sixth graders.
  - *What other stressors do you go through?*
  - *Do you agree with the author about stress coming from so many directions?*

# Student Notes:

- Brainstorm positive responses to stressors.  
As a class, state positive ways to respond to stress
- What are negative responses to stressors.

- Stress is **the way the body and mind respond to stressors.**
- Stressors can be a positive event:
  - a vacation, for example;
- or negative:
  - being bullied or having more homework than one can handle.
- If the stress mobilizes someone to action (studying harder for that math exam), it can be considered a good thing.
- If the stress causes negative outcomes (sleeplessness, headaches, or anxiety), it can take its toll on one's health.
- Common causes of stress for sixth graders might include participating in a competitive event, an injury or illness, family disruption (such as parental separation or divorce), moving to a new school, a new sibling, or being the target of a bully.

- 
- *Feeling pressure, anxiety, worry, fear, and apathy can be emotional responses to stress.*
  - *Physical symptoms can include loss of appetite, upset stomach, headache, excessive perspiration, tension in the neck and back, and tiredness.*
  - *It is helpful to organize stressors into categories: those that are positive and enable us to feel and do our best; and those that are negative because they are distractions and interfere with health and achievement*

# Clip: What is Stress?

<http://app.discoveryeducation.com/player/view/asset/Guid/E51E6228-97A2-4265-AC59-FA82378615F1>



# Basic Concepts about Stress

- Stress is defined as how the body reacts to demands.
- Stressors are causes of stress.
- Stress is part of our lives.
- It is not possible to live stress-free.
- Managing stress in positive ways prepares us for increasing life challenges.

# Stress can be positive or negative:

- An example of eustress is getting nervous in anticipation of an important contest which motivates you to practice more.
- An example of distress is forgetting an assignment because of feeling overwhelmed.

# Types of Stress

- Threat
- Frustration
- Pressure
- Conflict



Stress? What stress?

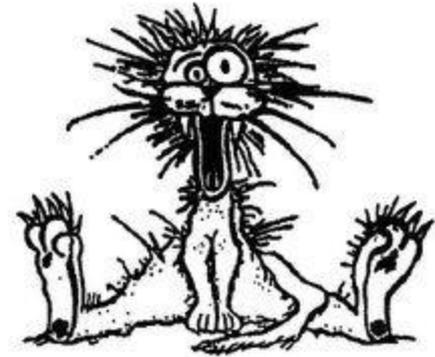
# Threat

- Definition:
  - the fear of being harmed (physically or emotionally)
- Examples:
  - Being afraid to walk home after dark
  - Worry a friend will not invite you to an event
  - [Threat Clip](http://www.wingclips.com/movie-clips/despicable-me/bad-sales-day)
    - <http://www.wingclips.com/movie-clips/despicable-me/bad-sales-day>



# Frustration

- Definition:
  - inability to get needs met
- Example:
  - not able to complete an assignment because sister is using the computer
  - Clip of Frustration
    - <http://www.wingclips.com/movie-clips/click/pizza-boy>



## "STRESS"

THE CONFUSION CREATED WHEN  
ONE'S MIND OVERRIDES THE  
BODY'S BASIC DESIRE TO CHOKE  
THE LIVING DAYLIGHTS OUT OF  
SOMEBODY WHO DESPERATELY  
NEEDS IT!

# Pressure

- Definition:
  - having to measure up to an expectation or standard
- Example:
  - being expected to make the honor roll
  - Clip of pressure
    - <http://www.wingclips.com/movie-clips/cloudy-with-a-chance-of-meatballs/your-choice>



# Conflict

- Definition:
  - when two or more needs oppose each other
- Example:
  - a friend wanting you to go to the mall the same night as your gymnastics class
  - Clip of conflict
    - <http://www.wingclips.com/movie-clips/the-lorax/nothing-will-stop-me>



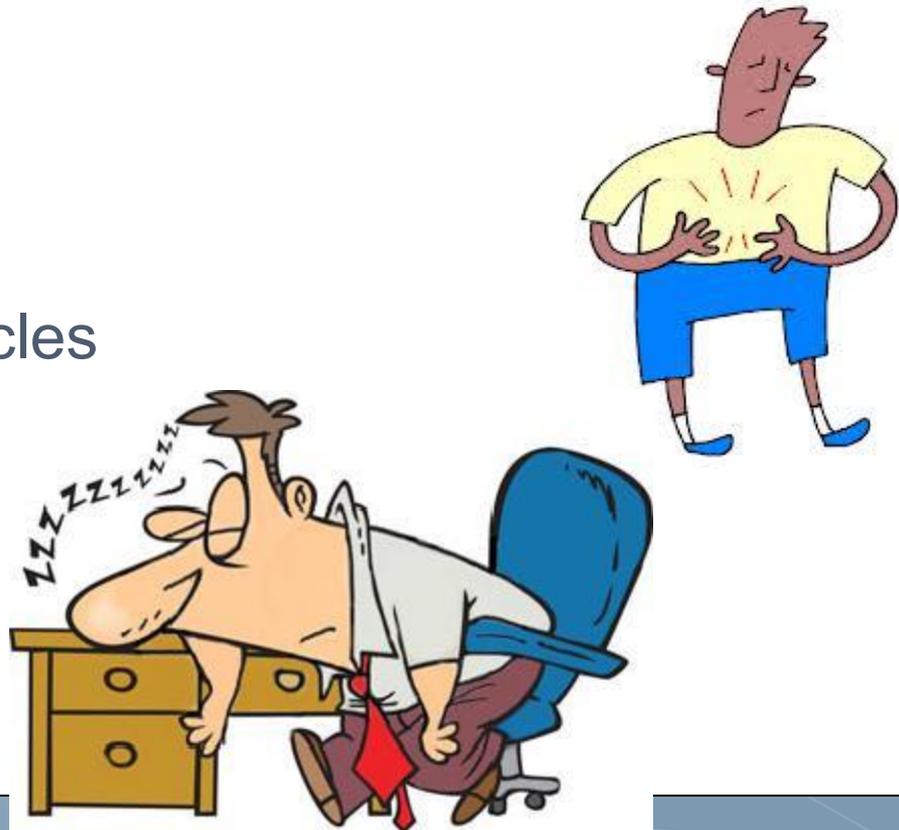
"What's the point of looking at your side of the argument when it's wrong?"



What are physical effects of stress?

## What are physical effects of stress?

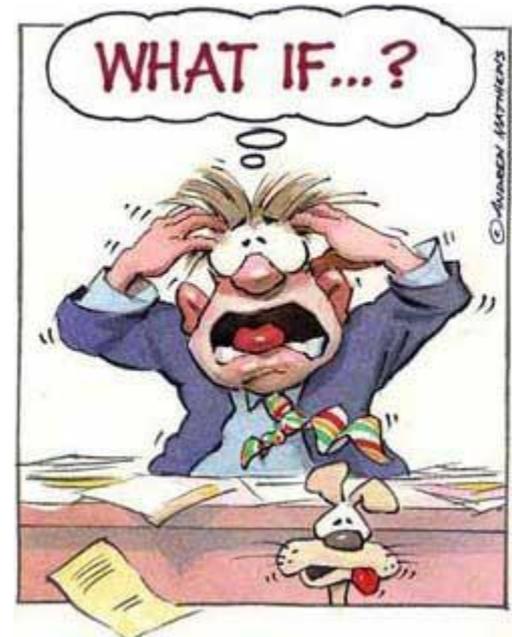
- Stomach ache
- Sweating
- Pale complexion
- Headache
- Sleepiness
- Tight or sore muscles
- Rapid breathing
- Shaky hands



# What are emotional effects of stress?

- Moodiness
- Loss of enthusiasm
- Forgetfulness
- Excessive worry
- Apathy
- Feeling overwhelmed
- Feeling short-tempered
- Clip of short tempered

- <http://www.wingclips.com/movie-clips/kindergarten-cop/shut-up>



# clip: Symptoms of Stress

- <http://app.discoveryeducation.com/player/view/assetGuid/FF86D5D3-7254-4A68-AFD0-9DC8AE2762AD>

# Writing Prompt

- What stresses you out?
- Why does it stress you out.
  
- Collect all responses and make sure their name is on it.

# Closure:

- *Today we studied the many sources of stress (called stressors). We learned that our health can be influenced by how we react to stress and can be improved if we learn how to prevent or control it. We also learned how we commonly respond to stress and which responses are positive or negative for our health. Next time you are in a stressful situation, take a few deep breaths, try to relax and think about a positive way to respond.*