

MANAGING SELF



STRESSED OUT

Understanding the difference between distress and eustress

Stress is a common feeling that we all experience from time to time. It can be caused by a number of different things. Eustress is good for us and motivates us to perform our best but distress can make it harder to manage our day to day lives. If we are under stress for too long, our health starts to suffer.



I'm really tired because my baby sister keeps crying during the night.



I have so much to get finished today. I'm not sure if I'll get it all done.



I forgot all about the trip we were going on today and I didn't bring any of my gear.



I have no-one to play with today.

What causes you distress?

Have you noticed things that cause stress for other people in your class? The things that cause you stress may not affect someone else in the same way.

When is stress helpful?

WONDER & EXPLORE!

Anti-distress Tools

Use these clues to work out the tools people might use to help deal with distress. Can you think of any others?



Taking 5 or 6 long slow breaths is a good way to start managing your stress levels.

Making your own stress ball

When we are stressed our body can tense up. A stress ball requires you to squeeze and release which can leave you feeling less tense.



Use a sock, sand, and 2 small snap lock bags and tape.

Scoop the sand into a snap lock bag and seal it closed. Then put this bag into another snap lock bag, seal it and tape it closed. Make a ball shape and tape it in place. Put this into a sock as far as it will go. Tie a knot in the sock to secure it.

Squeeze the stress ball.

Adult and child talking - <https://www.cancer.gov/about-cancer/coping/adjusting-to-cancer/talk-to-children>
sleeping boy - <http://www.thehealthsite.com/news/your-kids-sleep-schedule-decides-its-college-grades-92677>
stress ball - <http://www.g5.education.com/activity/article/stress-ball-sock>

For more great activities, visit www.lifeeducation.org.nz

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