

Worksheet 1

Understanding Stress and Stress Management Techniques

Name.....

Date.....

Learning Outcomes

- Recognise the symptoms of stress.

Task 1

- Using any form of research (e.g. internet, dictionary etc.), state what is meant by stress.

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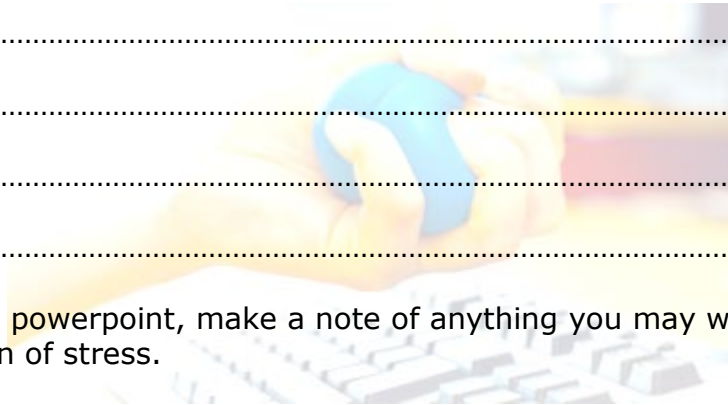
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- Now look at the powerpoint, make a note of anything you may want to add to improve your explanation of stress.

Task 2

- Now list some symptoms of stress (tip: try to include different kinds of symptoms). You can do this in bullet point form.

Task 3

- Record the effects of stress on the body. (This may mean long term effects)

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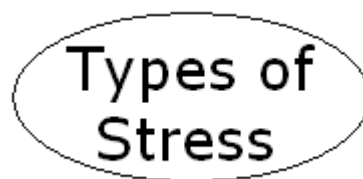
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Task 4

- Using the Spider diagram template below, comment on different types of stress.



Worksheet 2

Understanding Stress and Stress Management Techniques

Name.....

Date.....

Learning Outcomes

- Show knowledge of the possible causes of stress.

Task 1

- Using the template below, outline the possible causes of stress. Use the box on the right to give some examples.

Possible Cause	Example



Worksheet 3

Understanding Stress and Stress Management Techniques

Name.....

Date.....

Learning Outcomes

- Understand the benefits of using relaxation as a strategy.

Task 1

- Using information from the stress powerpoint and any other research you may conduct (remember to print this research out and reference it properly), identify different strategies for relaxing during times of stress. Try to do at least 3.

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2).....

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3).....

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4).....

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5).....

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Task 2

- On the following sheet, and using your corresponding answer (i.e. 1 for 1, 2 for 2 etc), state how these strategies help to reduce stress.



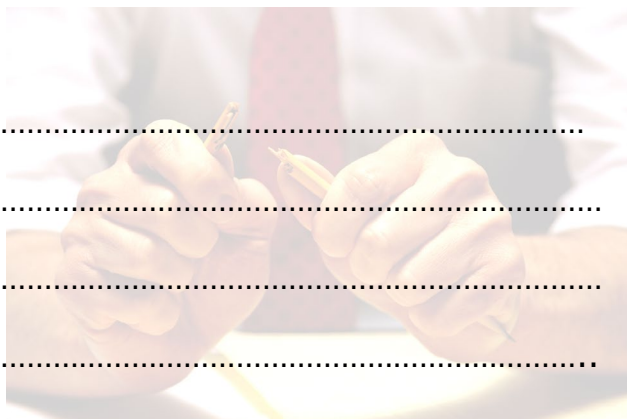
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Worksheet 4

Understanding Stress and Stress Management Techniques

Name.....

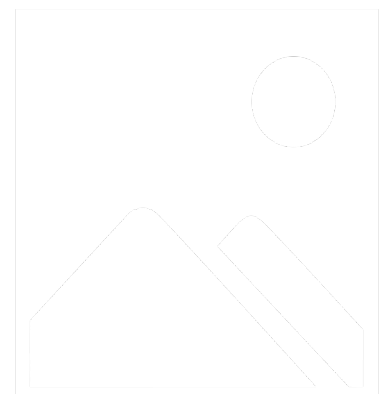
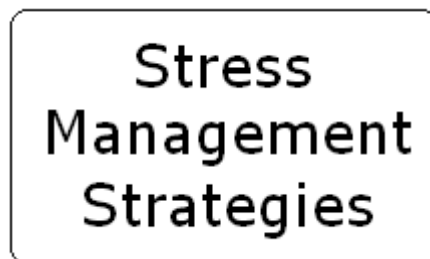
Date.....

Learning Outcomes

- Show an understanding of coping strategies.

Task 1

- Identify a range of strategies for reducing and managing stress, using the spider diagram template below. Number each strategy (this will help you for the next task).



Task 2

- Using the table below, show how to use at least one of these strategies and explain the benefits below.

Strategy	Benefits of Strategy

Worksheet 4

Understanding Stress and Stress Management Techniques

Name.....

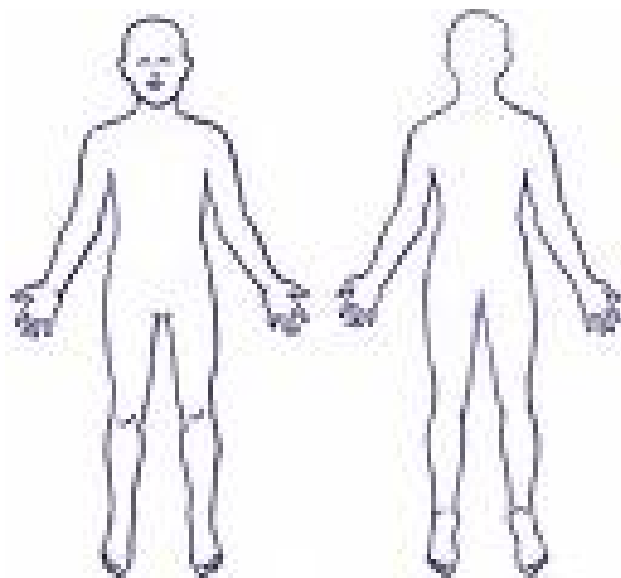
Date.....

Learning Outcomes

- Practice a number of relaxation strategies

Task 1

- Label the body below, highlighting the areas of the body where possible tension may occur, when stressed. Please explain your answer.



Task 2

- Create a leaflet on different techniques for relieving tension and stress. You may want a page per technique and try to do at least 3.

Tip – A picture in the middle of a page with your own labelling.

Task 3

- Using the table below, analyse the effectiveness of each technique.

Technique	Pros	Cons

