Emotional Workshop:

Stress management: Techniques and strategies

Objective:
- **Understand the concept of stress and its impact on mental and physical health**
- **Identify common stressors in daily life**
- **Learn and practice effective stress management techniques and strategies**

Key components:
- Definition and understanding of stress
- Common causes and symptoms of stress
- The impact of stress on mental and physical health
- Practical techniques and strategies to manage stress effectively

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Duration:
45 minutes

Workshop:
Stress management:
Techniques and strategies

Workshop overview

Welcome to *The emotional education workshop*! In the next 45 minutes, we will explore stress management, discussing their impact on emotional, psychological, and social aspects of life.

- **Introduction (5 minutes)**

Begin by introducing the concept of stress using a short video (2–3 minutes) that explains stress in an engaging and relatable way. The video should cover:
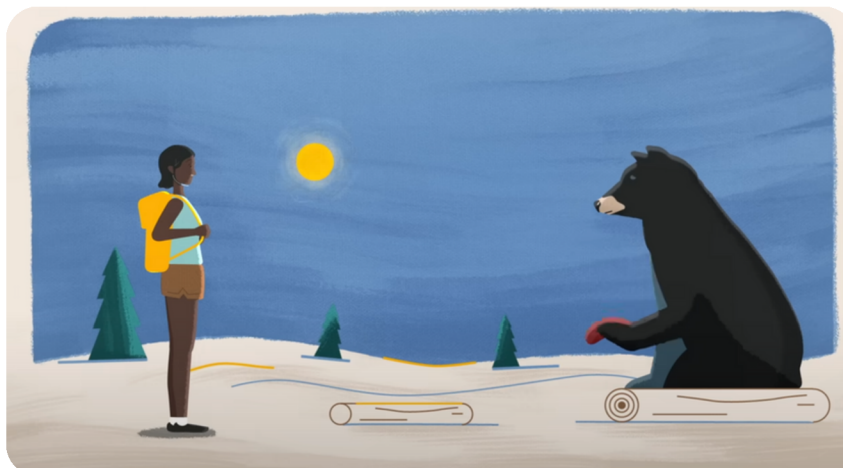 - What stress is
  - How it affects the body and mind
  - Why managing stress is important

  Use a YouTube video like "How stress affects your brain":
  https://www.youtube.com/watch?v=WuyPuH9ojCE

  After the video, ask participants:
  - "What stood out to you in the video?"
  - "Did anything surprise you about how stress affects the body?"

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What stresses you out?
Activity 1: Identifying stressors (10 minutes)

- **Visual prompt:**
  - Show a series of images on a screen or handout that depict common stressors (e.g., exams, deadlines, financial issues, social pressure).
  - Ask participants to identify which of these stressors they relate to most.

- **Interactive AI tool:**
  - Use an AI-based word cloud generator (e.g., Mentimeter or Slido) to collect participants' responses anonymously.
    - https://www.mentimeter.com/
    - https://www.slido.com/
  - Ask them to type in their top stressors using their phones, and display the word cloud in real-time. This visual representation will help participants see shared stressors among the group.

- **Discussion:**
  - Facilitate a brief discussion based on the word cloud. Highlight that stress is a common experience and that everyone faces different challenges.

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How stress affects us
Activity 2: Stress and its effects (10 minutes)

- **Interactive video segment:**
  - Show a **short animated video** (2–3 minutes) that explains the physical, emotional, and behavioral symptoms of stress.
  - Suggested video: (If you not already have shown this video in the Introduction) "How stress affects your brain" (e.g., from TED-Ed or similar).
    - https://www.youtube.com/watch?v=WuyPuH9ojCE

- **Group reflection:**
  - After the video, ask participants to reflect on how stress affects them personally.
  - Use a **visual chart** (printed or on a screen) that categorizes stress symptoms into:
    - Physical (e.g., headaches, fatigue).
    - Emotional (e.g., irritability, anxiety).
    - Behavioral (e.g., procrastination, changes in eating habits).

- **AI-powered quiz:**
  - Use an AI-based quiz tool (e.g., Kahoot or Quizizz) to test participants' understanding of stress symptoms.

    - https://kahoot.com/
    - https://quizizz.com/?lng=en

  - Example questions:
    - "Which of the following is a physical symptom of stress?"
    - "What is a common emotional response to stress?"

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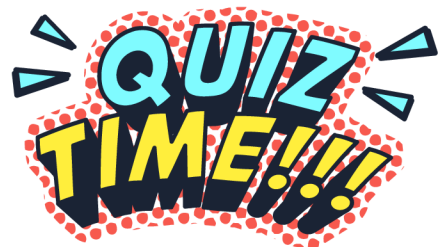
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Practical tools for managing stress
Activity 3: Stress management techniques (15 minutes)

- **Guided breathing exercise (5 minutes):**
  - Use a visual breathing guide (e.g., a YouTube video or GIF) that shows a calming animation of a circle expanding and contracting to guide participants through deep breathing.
    - https://www.youtube.com/watch?v=kpSkoXRrZnE&t=61s
  - Example: Inhale as the circle expands, hold as it pauses, and exhale as it contracts.

- **Mindfulness practice (5 minutes):**
  - Play a short guided mindfulness audio or video (e.g., from Headspace or Calm).
    - https://www.headspace.com/mindfulness
    - https://www.calm.com/
  - Encourage participants to close their eyes, focus on their breath, and let go of distracting thoughts.

- **AI-powered stress management tips (5 minutes):**
  - Use an AI chatbot (e.g., ChatGPT or similar) to generate personalized stress management tips.
    - https://chatgpt.com/
  - Ask participants to input a specific stressor (e.g., "I feel stressed about exams"), and the AI can provide tailored advice or strategies.
  - Example prompt: "What are some quick ways to manage stress before an exam?"

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Conclusion
(5 min)

- **Recap key points:**
  - Summarize the session by reviewing:
    - What stress is and how it affects us.
    - The importance of recognizing stressors and symptoms.
    - The techniques practiced during the session.

- **Interactive reflection:**
  - Use a polling tool (e.g., Mentimeter or Slido) to ask participants:
    - "Which stress management technique do you think will help you the most?"
    - Display the results in real-time to see which strategies resonate most with the group.
    - https://www.mentimeter.com/
    - https://www.slido.com/

- **Encouragement and resources:**
  - Share links to helpful apps or websites for stress management, such as:
    - Calm: https://www.calm.com/
    - Headspace: https://www.headspace.com/
    - Stress.org: https://www.stress.org/
  - Remind participants that managing stress is an ongoing process and that seeking help when needed is a sign of strength.

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Instructions for teachers

Objective: To introduce the concept of stress through short videos, illustrations, and AI.

Duration: 45 minutes

Materials required:
- Paper and pens for participants
- Whiteboard markers
- Printed handouts featuring definitions
- Computers or mobile phone
- Projector
- Discussion prompts

Workshop step by step

Step 1: Introduction (5 minutes):
- Play a short video explaining stress and its effects.
- Facilitate a brief discussion on key takeaways from the video.

Step 2: Identifying stressors (10 minutes):
- Show images/videoes of common stressors and ask participants to identify relatable ones.
- Use a word cloud tool to collect and display participants' stressors.

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Step 3: Stress and its effects (10 minutes):
- Play a short video on the symptoms of stress (physical, emotional, behavioral).
- Use a visual chart to discuss how stress affects participants personally.

Step 4: Stress management techniques (15 minutes):
- Guide participants through a breathing exercise using a visual or video.
- Practice mindfulness with a short guided audio or video session.

Step 6: Conclusion (5 minutes):
- Recap key points and stress management techniques.
- Use a poll to reflect on which technique participants found most helpful.

Tips for teachers:

By including step-by-step instructions for each activity, this enhanced lesson plan ensures clarity and structure. The use of videos, images, and AI tools makes the session interactive and engaging, helping participants better understand stress and equipping them with practical tools to manage it effectively.

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Follow-up activity at home
(5 min)

- **Stress journal:**
  - Ask participants to keep a stress journal for one week. They should note:
    - Situations that caused stress.
    - How they felt physically and emotionally.
    - Which stress management techniques they tried and how effective they were.

- **AI reflection tool:**
  - Encourage participants to use an AI journaling app (e.g., Reflectly or Journey) to log their stress experiences and receive insights or motivational prompts.
    - https://reflectly.app/
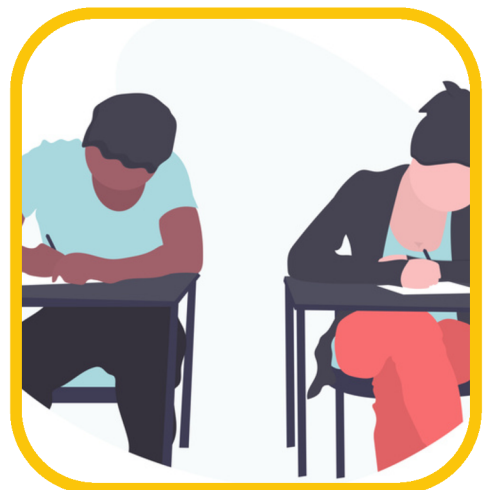   - https://journey.cloud/

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TOOLS

Wavers.io

Wavers is an free-to-use easily accessible and practical tool available to you and your students, which helps strengthen the community/unity and social cohesion of your educational institution and study environment. Get a quick insight into the Wavers app - watch the **video**

Wavers is a tool that lies outside the core curriculum, but as a teacher, you can utilize it at any time. Wavers does not require downloading as an app; instead, it functions as a web-based tool accessible on mobile devices. This ensures that assistance is always just a pocket away for students. Additionally, Wavers empowers students by enhancing their ability to reach out and accept help, fostering a proactive approach to their learning and well-being.

LINK

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