Quick Start Guide: Stress Management

6th – 8th Grade

Overview:

Prepare for a transformative six-week stress management course meticulously designed to equip students with the skills to effectively combat stress in both school and at home. These hour-long sessions serve as a comprehensive guide, personalized to accommodate a variety of schedules and learning preferences, ensuring that each participant can discover the approach that suits them best, whether they lean towards independent study or prefer small group engagement.

Within this program, we will focus on six fundamental stress management concepts, each representing a critical facet of the stress management process:

1. Cultivating Emotional Well-being through Stress Management

2. Fostering Resilience in the Face of Adversity

3. Enhancing Effective Communication Skills

4. Practicing Mindfulness for Stress Reduction

5. Mastering Conflict Resolution Techniques

6. Elevating Organizational Proficiency and Time Management Skills

Join us on this six-week journey towards stress-free living, as we systematically explore and master these vital stress management concepts, progressively enhancing students' abilities to tackle stress both within the classroom and the home environment.

Lesson Example:

Each lesson will be comprised of longer and shorter activities designed to engage students and help reduce stress. All handouts are provided with each lesson. Below is a sample outline of our first lesson: Cultivating Emotional Well-being through Stress Management.

Duration	10 Minutes	10 Minutes	10 Minutes	15 Minutes	10 Minutes	5 Minutes
Lesson	Lesson introduction (brief discussion on stress)	Understanding Stress (define positive and negative stress)	Recognizing Stress (Stress Management handouts (included))	Stress Management Technique examples	Group Activity (Scenarios related to stress)	Conclusion (recap main lesson points, additional resources)