



Conversation Menu

STRESS AND STRESS MANAGEMENT

APPETISER

Stress isn't always a bad thing. In some cases it can be really handy for an extra burst of energy and focus, like when you're playing a competitive sport or when you have to speak in public. When it's continuous, that's when it actually begins to change your brain.



ENTREE

During this post lockdown time and exam time, many students experience a range of emotions including stress. Before COVID-19 we might have experienced FOMO (fear of missing out) but there has been a huge shift and now many of us are experiencing FOGO (fear of going out). Watch this video together and notice what comes up for you.

Watch The Ted Ed Video on How Stress Affects Your Brain:

<https://youtu.be/WuyPuH9ojCE>

MAIN

Discuss, explore and reflect on the video.

Some suggested questions:

1. What did you notice during the video?
2. What aspect of your life has the most or least amount of stress?
3. What has been your experience of exercise or meditation in managing your stress?
4. In relation to the rats, what generational difference could you make?

DESSERT

Here are other's thoughts on hope for you to reflect on this week.

Create a family action plan to reduce stress this week.

In the plan commit to at least 2 individual actions and 2 family actions.

Ask yourself these things:

What activities could you do individually to reduce stress?

This could be exercise, meditation, journaling, drawing etc.

What activities could you do as a group to reduce stress?

This could be a family walk, special breakfast, playing a board game or cards, watching a movie etc.

LEFTOVERS

Tips to keep good mental health:

<https://headspace.org.au/young-people/tips-for-a-healthy-headspace/>

Strategies for exam preparation:

<https://www.youthcentral.vic.gov.au/study-and-training/help-with-study/how-to-study-better/top-10-exam-tips>

