Health Education
Aloha Lei Garo & Taylor Ishisaka
Post-secondary Division
Chapter #89039
Chaminade University of Honolulu
Hawaii HOSA

Finesse Your Stress
Target Audience: Ages 17-24
Participants: 20
Lesson Plan Narrative:

Topic:
Finesse Your Stress

Target Audience:
College Students: Young Adults (Ages 17-24)

Purpose:
To inform young adults about the importance of stress and how it is incorporated in our daily lives. Our goal is to educate young adults on the meaning of stress and supply them with the proper resources so that they can take control of their stress and maintain a healthy lifestyle.

Learning Objectives:
By the end of our lesson, the audience will:

- Understand the meaning of stress and differentiate between its two main types: Acute Stress and Chronic Stress
- Recognize the signs and symptoms of acute and chronic stress
- Understand how stress can affect one’s body, mood, and behavior
- Understand how to manage stress through multiple strategies
- Recognize when additional help is needed and who they can contact

Materials:
Data and Supportive Information:

“49% of 18-24 year olds who have experienced high levels of stress, felt that comparing themselves to others was a source of stress” (Mental Health Foundation, 2020). This lesson is targeted towards ages 17-24, as they are seen as most vulnerable to stress since many of their lives are based on social media and maintaining social standards.

What is stress?

Stress is a feeling of emotion, mental or physical tension and it is the body’s reaction to a challenge or demand. Stress is a normal feeling in the human body and a little stress can give you the strength to get more things done, but having too much stress can lead to a lifelong problem.

Types of stress:

There are two types of stress. The first type is acute stress, it lasts up to a month as it happens to everyone. It’s the body’s immediate reaction to a new and challenging situation or traumatic event. Examples of acute stress include moving to a new city or getting into a car accident. However, chronic stress is when you experience high-stress levels over an extended period of time. Chronic stress being long-term is linked to health disorders such as anxiety, depression, high blood pressure and a weakened immune system. An example is money problems, as it becomes a habit and then you don’t realize it is a problem.
Effects of Stress on the body:

“Your body responds to stress by triggering it’s “fight or flight” response and releasing hormones adrenaline and cortisol that increase one’s heart and breathing rate, then returning to normal. Stress can cause physical and emotional symptoms such as forgetfulness, headaches, lack of concentration or energy, tiredness, trouble sleeping or sleeping too much, weight loss or gain, and or use of alcohol or drugs.

Stress Management

After reading that “74% of people have felt so stressed they have been overwhelmed or unable to cope”(Mental Health Foundation, 2020).” It is necessary to address that there are various ways of managing stress such as doing things that you love, or even just making time for fun and relaxation. For example, activities such as listening to music, drawing or painting a picture, listening to music, watching a comedy movie, baking, and starting a new hobby.

Another stress management technique is to accept things that you cannot change. This can be accomplished by sharing your feelings, being optimistic, and looking for the upside. Learning to forgive plays a role of accepting the fact we live in an imperfect world that people will judge, make mistakes and release all these mixed emotions inside. Letting go all those emotions and freeing yourself from negative thoughts and energy by forgiving and moving on.

Avoiding unnecessary stress is another way of managing your stress. This can be done by knowing your limits and refusing things that do not make you happy. Avoid those that make you feel agitated or irritated and create a to-do list so that your events are spread out throughout the week instead of being crammed into one day.
Lesson Outline:

Note: Due to Covid-19, our lesson will be conducted via Zoom in which we will be able to guide our audience throughout the lesson and also be readily available for questions.

1. **Google Slides Presentation:** (1 minute) On Zoom open google slides presentation “Finesse Your Stress”

2. **Introduction:** (3 minutes) We will introduce ourselves to our audience and give a breakdown of what we will be doing throughout the presentation. We will ask our audience an open-ended question related to our lesson to allow them to start thinking about what the lesson will be about.

3. **Pre-Evaluation:** (7 minutes) Our audience will be instructed to take our pre-evaluation survey. This survey will be testing the prior-knowledge of our audience, and will also serve as a comparison to the post-evaluation survey that will be taken at the end of the lesson to measure their understanding of the lesson. This survey is available to the audience via URL or by QR code.

4. **Start Lesson:** (10 minutes) We will begin our lesson by reviewing our learning objectives and sharing 3 statistics that apply to our target audience. Next we will go over the meaning of stress and how to differentiate between the two main types of stress.

5. **Begin activity #1: Find it Activity** (3 minutes) Participants will be given 2 minutes to search for 8 emojis hidden in a detailed photo. This activity is to represent navigating through life (the task) while facing a stressor (the timer).
6. **Continue with Lesson:** (8 minutes) We will continue on with the lesson and talk about the effects of stress and how it affects the body, mood, and behavior, followed by signs and symptoms of too much stress.

7. **Begin activity #2: Movement to Music Freeze Dance** (3- 5 minutes) This activity is a way for our audience to reduce their stress by allowing them to go focus on the groove of the song and take their mind away from other things. Participants will move/dance to match the tempo, beat, and rhythm of the music and when the music stops, participants freeze… when music resumes, participants continue to move/dance to match the music. The song we will be playing is “Life is a Highway” by Rascal Flatts.

8. **Continue with Lesson:** (7 minutes) We will go over the health problems related to stress, followed by ways that stress can be managed.

9. **Begin activity #3: Guided Meditation** (5 mins) The final activity will be a 5 minute Youtube video on doing simple guided meditation where participants will listen to the soothing voice of a narrator and follow what he/she instructs the audience to do.

10. **Wrap up lesson:** (9 minutes) The remaining slides will include when it is necessary to reach out to a professional and also who to contact in the event of a crisis or when immediate help is needed.

11. **Post Evaluation/Feedback:** (10 mins) Pause on the post-evaluation slide and direct the audience towards the link or QR code to take the survey.

12. **Questions:** (5 mins) Thank the audience for their time and cooperation. Also, address any questions that the audience may have.
**Materials:**

**Pre-Evaluation Survey:**

<table>
<thead>
<tr>
<th>Pre-Evaluation: Stress</th>
<th>Which of these are health problems stress related? (Check all that apply) *</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Required</td>
<td>□ Heart Disease</td>
</tr>
<tr>
<td></td>
<td>□ Athlete’s Foot</td>
</tr>
<tr>
<td></td>
<td>□ Diabetes</td>
</tr>
<tr>
<td></td>
<td>□ Depression/Anxiety</td>
</tr>
<tr>
<td></td>
<td>□ Plantar Fascitis</td>
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</table>

<table>
<thead>
<tr>
<th>What is stress? *</th>
<th>1 point</th>
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<tbody>
<tr>
<td></td>
<td>□ A feeling of emotion, physical, and/or mental tension</td>
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<tr>
<td></td>
<td>□ Your body’s reaction to a challenge or demand</td>
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<tr>
<td></td>
<td>□ It is caused by an event that makes you frustrated, angry, or nervous</td>
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<tr>
<td></td>
<td>□ All of the above</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Which of these is NOT a type of stress? *</th>
<th>1 point</th>
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<tbody>
<tr>
<td></td>
<td>□ Chronic</td>
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<td>□ Oburse</td>
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<td></td>
<td>□ Acute</td>
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</table>

Acute Stress is _____ . It is mostly caused by______, for example _____. *

<table>
<thead>
<tr>
<th></th>
<th>1 point</th>
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<tbody>
<tr>
<td></td>
<td>□ short-term, a traumatic experience/challenging situation, car accident.</td>
</tr>
<tr>
<td></td>
<td>□ short-term, everyday pressures/traumatic situations, money problems/school work.</td>
</tr>
<tr>
<td></td>
<td>□ long-term, a traumatic experience/challenging situation, car accident.</td>
</tr>
</tbody>
</table>

Chronic Stress is ______ . It is mostly caused by______, for example ______. *

<table>
<thead>
<tr>
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<th>1 point</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>□ Long-term, everyday pressures/challenging situation, car accident.</td>
</tr>
<tr>
<td></td>
<td>□ Long-term, everyday pressures/challenging situation, money problems/school work.</td>
</tr>
<tr>
<td></td>
<td>□ short-term, a traumatic experience/challenging situation, car accident.</td>
</tr>
</tbody>
</table>

What are some strategies for stress management? (Check all that apply) *

<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>□ Exercising</td>
</tr>
<tr>
<td></td>
<td>□ Sharing your feelings</td>
</tr>
<tr>
<td></td>
<td>□ Create a to do list</td>
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<tr>
<td></td>
<td>□ Meditation</td>
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</tbody>
</table>

There are two main types of Stress. *

<table>
<thead>
<tr>
<th></th>
<th>1 point</th>
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<tbody>
<tr>
<td></td>
<td>□ True</td>
</tr>
<tr>
<td></td>
<td>□ I don’t know</td>
</tr>
<tr>
<td></td>
<td>□ False</td>
</tr>
</tbody>
</table>

74% of people have felt so stressed that they have been overwhelmed or unable to cope. *

<table>
<thead>
<tr>
<th></th>
<th>1 point</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>□ True</td>
</tr>
<tr>
<td></td>
<td>□ False</td>
</tr>
<tr>
<td></td>
<td>□ I don’t know</td>
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</table>

Chronic stress is short-term and only lasts for less than a month. *

<table>
<thead>
<tr>
<th></th>
<th>1 point</th>
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<tbody>
<tr>
<td></td>
<td>□ True</td>
</tr>
<tr>
<td></td>
<td>□ False</td>
</tr>
<tr>
<td></td>
<td>□ I don’t know</td>
</tr>
</tbody>
</table>

Who can I contact if I need immediate/urgent help managing my stress? (Check all that apply) *

<table>
<thead>
<tr>
<th></th>
<th>1 point</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>□ Crisis Text Line</td>
</tr>
<tr>
<td></td>
<td>□ Trevor Project</td>
</tr>
<tr>
<td></td>
<td>□ National Suicide Prevention Lifeline</td>
</tr>
<tr>
<td></td>
<td>□ National Alliance on Mental Illness (NAMI)</td>
</tr>
<tr>
<td></td>
<td>□ A Certified Mental Health Professional</td>
</tr>
</tbody>
</table>

Submit
### Post-Evaluation Survey:

**Feedback**

Do you feel like you learned from this lesson? Feel free to explain. (Optional)

Your answer:

In what ways can we improve this lesson? (Optional)

Your answer:

Any additional comments or concerns? (Optional)

Your answer:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Options</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are two main types of stress.</td>
<td>True, False, I don’t know</td>
<td>1 point</td>
</tr>
<tr>
<td>74% of people have felt so stressed that they have been overwhelmed or unable to cope.</td>
<td>True, False, I don’t know</td>
<td>1 point</td>
</tr>
<tr>
<td>Chronic stress is short-term and only lasts for less than a month.</td>
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</tr>
<tr>
<td>Who can I contact if I need immediate/urgent help managing my stress?</td>
<td>Crisis Text Line, Trevor Project, National Suicide Prevention Lifeline, National Alliance on Mental Illness (NAMI), A Certified Mental Health Professional</td>
<td>1 point</td>
</tr>
<tr>
<td>Acute Stress is __________. It is mostly caused by __________, for example __________.</td>
<td>True, False, I don’t know</td>
<td>1 point</td>
</tr>
<tr>
<td>Chronic Stress is __________. It is mostly caused by __________, for example __________.</td>
<td>True, False, I don’t know</td>
<td>1 point</td>
</tr>
<tr>
<td>Which of these are health problems related to stress? (Check all that apply)</td>
<td>Heart Disease, Amputee’s Foot, Diabetes, Depression/Anxiety</td>
<td>1 point</td>
</tr>
<tr>
<td>What are some strategies for stress management? (Check all that apply)</td>
<td>Exercising, Sharing your feelings, Create a to-do list, Meditation</td>
<td>1 point</td>
</tr>
</tbody>
</table>
Presentation:

**Finesse Your Stress**

By:
Aloha Lei Garo
Taylor Ichisaka

**Pre-Evaluation Survey**

Link: https://forms.gle/7GQGmwbA0Y1MN7

**Learning Objective: Students Should**

1. Understand the meaning of stress and the difference between the two types of stress that they may experience.
2. Recognize the signs and symptoms of acute and chronic stress.
3. Understand the effects that stress can have on our body.
4. Understand how to manage stress and where to get help if needed.

**What is stress?**

- Feeling of emotional, mental, or physical tension.
- Body's reaction to a challenge.
- A demand that is triggered by a feeling of danger, nervousness, or frustration.
- Not all stress is bad, however, too much can be detrimental to one's health.

**Two Main Types of Stress**

- **Acute Stress**
  - Short-Term
  - Lasts up to a month
  - Caused by a traumatic experience or a challenging situation
  - Body's immediate reaction
  - E.g., Car Accident

- **Chronic Stress**
  - Occurs over a long period of time
  - Constant feeling
  - Caused by everyday pressure or traumatic situations
  - E.g., Money problems, school work

**Activity #1: I SPY Activity**

Find the following items hidden in the picture in under 2 minutes:

1. A umbrella
2. A camera
3. A key

**Activity #1: I SPY**

49% of 18-24 year olds

Who have experienced high levels of stress, felt that comparing themselves to others was a source of stress.

51% of adults

Reported feeling depressed, and 63% reported feeling anxious.

74% of people

Have felt so stressed they have been overwhelmed or unable to cope.
I SPY Activity ANSWERS

Signs of Too Much Stress

Pain
- Headaches
- Frequent Aches or Pain

Sleep
- Trouble sleeping or sleeping too much

Digestive
- Upset stomach
- Weight loss or gain
- Thirst or constipation

Lack of Energy
- Tiredness
- Forgetfulness
- Sexual problems

Effects of Stress on your body, mood, and behavior

<table>
<thead>
<tr>
<th>On Your Body</th>
<th>On Your Blood</th>
<th>On Your Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Anxiety</td>
<td>Overeating or Undereating</td>
</tr>
<tr>
<td>Muscle Tension/Pain</td>
<td>Restlessness</td>
<td>Angry outbursts</td>
</tr>
<tr>
<td>Chest Pain</td>
<td>Lack of Motivation or Focus</td>
<td>Drug or Alcohol misuse</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Feeling Overwhelmed</td>
<td>Tobacco Use</td>
</tr>
<tr>
<td>Change in sex drive</td>
<td>Irritability or anger</td>
<td>Social Withdrawal</td>
</tr>
<tr>
<td>Uptight Stomach</td>
<td>Sadness or Depression</td>
<td>Exercising less often</td>
</tr>
</tbody>
</table>

Activity #2
Movement to Music Freeze Dance
https://youtu.be/5Kh_MfMqM4Q

Activity #2 Instructions

i. Find ample space for this activity
ii. Move to match the vibe of the music, FREEZE when music stops, start music again to match it (only movement, no voices)
iii. Stop music at timely intervals

Health Problems Related To Stress

Heart Disease
- High Blood Pressure and Heart Problems
- Stress = Increased Heart Rate and Blood Flow

Obesity
- "Stress causes higher levels of the hormone Cortisol"
- Increased Fat in the abdomen

Headaches
- Most Common Trigger
- Cause Migraines

Depression & Anxiety
-Higher Risk of Developing depression through stress

Stress Management

- Make time for fun and relaxation by doing some favorite activities
- Accept things that you cannot change
- Avoid the unnecessary stress
- Know your limits - Learn how to say "No"
- Keep your distance from those who stress you out
- Create a To-Do List

Activity #3
Guided Meditation
Link: https://youtu.be/KZQj1HlxW3M
Activity #3 Instructions

i. Get comfortable
ii. Listen to the narrator's words and follow what is instructed

When To Reach Out To A Professional

- Ongoing feelings of panic, tachycardia, rapid breathing, racing heartbeat, etc.
- Recurrent memories of a traumatic event and fears that you cannot control
- Inability to work, function, and complete everyday tasks

Resources for Immediate Help

- Crisis Text Line: Available 24/7, text 741221
- Trevor Project: Available 24/7, Call 1-866-488-7686, Text TALK to 78878
- National Suicide Prevention Lifeline: Toll-free 1-800-273-TALK (1-800-273-8255)
- National Alliance on Mental Illness: NAMI HelpLine 800-950-6266, NAMI Crisis Hotline for NAMI Affiliate 800-621-3844

Post-Evaluation Survey

Link: https://forms.gle/3rA3D3w2W6Y8mM5d

Any Questions?
Activity #1: I SPY Photo & Answer Key

Music for Activity #2: Move to Music Freeze Dance
Video for Activity #3: Guided Meditation
Feedback Tools:

Pre & Post-Evaluation Results

<table>
<thead>
<tr>
<th>Pre-Evaluation</th>
<th>Post-Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average Score:</strong> 67%</td>
<td><strong>Average Score:</strong> 97.5%</td>
</tr>
</tbody>
</table>

### Pre-Evaluation

**What is stress?**
- 16 / 20 correct responses

**Which of these is NOT a type of stress?**
- 15 / 20 correct responses

**Acute Stress is _____. It is mostly caused by______, for example______.**
- 12 / 20 correct responses

**Chronic Stress is _____. It is mostly caused by______, for example______.**
- 11 / 20 correct responses

### Post-Evaluation

**What is stress?**
- 19 / 20 correct responses

**Which of these is NOT a type of stress?**
- 20 / 20 correct responses

**Acute Stress is _____. It is mostly caused by______, for example______.**
- 20 / 20 correct responses

**Chronic Stress is _____. It is mostly caused by______, for example______.**
- 16 / 20 correct responses
Feedback Response

Do you feel like you learned from this lesson? Feel free to explain. [Optional]

Yes, I think I learned a lot about stress before, but it was basically all new for me.

I do feel like I learned from this lesson. I enjoyed how each aspect of the presentation was tied to our learning style.

I do know more about stress and how it is important to know how to manage it.

Yes, the activities were necessary in allowing the progression of the lesson. It helped me understand what it was about.

Yes, I do. I didn’t think I knew much about stress and I do now. I’m confident enough to say that I do.

Yes, I like the activities. It seemed really engaging.

Yes, the activities were very engaging and allowed myself and others to understand what stress is, how to cope with it, and how to raise awareness.

Yes, I think stress affects all our bodies and also contributes to various diseases and illnesses. This lesson taught me that it is okay to be stressed sometimes, but too much stress will harm the body.

Yes, the lesson felt really personal and I think it applies to my daily life.

Yes, this lesson seemed really interesting and had great activities.

Yes, I found more on this in depth. I am able to think about what I am at work and how stress is involved in what I do.

Yes, also this was a great topic to focus on because we don’t really hear much about this. This comes to me on a personal basis.

Yes, I think the presenter had good ideas that weren’t talked about much. It is really relevant especially with the pandemic.

Yes, I feel what stress is and how it influences our lives.

Yes, I feel that I did not know much before about stress and that I actually now realize how much stress impacts my life.

Yes! The presentation had great aspects to it, it allowed for better understanding.

I learned that there are different types of stress categories. I now realize that the most stress is more of an undefined term and that this served down further.

Yes! This is a great topic to focus on because I did not know that stress can take much of a toll on your body. It is important to know about especially in this world.

In what ways can we improve this lesson? [Optional]

N/A

A more in-depth activity. I really liked the meditation part, maybe another type of relaxation breathing?

At this time

I think you can probably add some photos of some health concerns so that it affects the audience more.

In the future, you could include some real-world examples.

Maybe you could add some more ‘stress reduction/increased awareness’ games? (Just for fun)

I think that you can maybe add a form to internal stress so that we can read up on it. Do another presentation in person when allowed.

Nothing that I can think of right now.

Any additional comments or concerns? [Optional]

N/A

Thank you for the lesson!

Really engaging presentation

Competent presentation

Not right now

Good lesson

Dull presentation

Nice!

This was a pretty good lesson. Thankful.

Next class presentation, please.

Great topic!

Great topic and creative way of getting message across.

Great activities

Thank you for spreading the message on this topic!

I like the layout of the presentation.

I think the organization of this presentation.

Great presentation.
References

   Retrieved January 17, 2021, from
   https://www.chipublib.org/news/stressed-out-call-or-text-these-resources-for-support/


   January 19, 2021, from https://www.healthline.com/health/stress/effects-on-body#7

   20, 2021, from
   https://medlineplus.gov/ency/article/003211.htm#:~:text=Stress%20is%20a%20feeling%20of,danger%20or%20meet%20a%20deadline.

Stress Management: How to Reduce, Prevent, and Cope with Stress. (2019, March 27).
   Retrieved January 19, 2021, from