

Health Education

Aloha Lei Garo & Taylor Ishisaka

Post-secondary Division

Chapter #89039

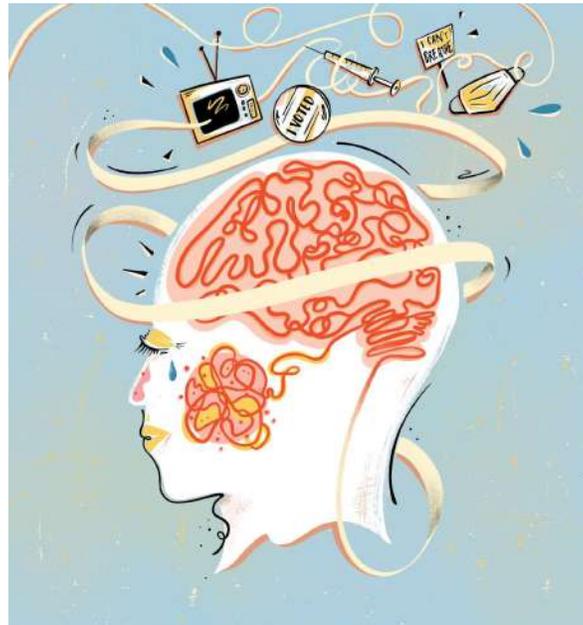
Chaminade University of Honolulu

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:

Zoom, "Finesse Your Stress" PowerPoint presentation, Google Forms: Pre-Evaluation & Post-Evaluation/Feedback Surveys, I Spy Activity Photo, and Youtube videos: Music Video and Meditation Video.

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 its “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:

Pre-Evaluation: Stress

* Required

Name *

Your answer _____

What is stress? * 1 point

A feeling of emotion, physical, and or mental tension

Your body's reaction to a challenge or demand

It is caused by an event that makes you frustrated, angry, and or nervous

All of the above

Which of these are health problems are stress related? (Check all that apply) * 1 point

Heart Disease

Athlete's Foot

Diabetes

Depression/Anxiety

Plantar Fasciitis

Which of these is NOT a type of stress? * 1 point

Chronic

Obtuse

Acute

What are some strategies for stress management? (Check all that apply) * 1 point

Exercising

Sharing your feelings

Create a to-do list

Meditation

Acute Stress is _____. It is mostly caused by _____, for example _____. * 1 point

short-term, a traumatic experience/challenging situation, car accident.

short-term, everyday pressures/traumatic situations, money problems/school work.

long-term, a traumatic experience/challenging situation, car accident.

There are two main types of Stress. * 1 point

True

I don't know

False

Chronic Stress is _____. It is mostly caused by _____, for example _____. 1 point

Long-Term, everyday pressures/challenging situation, car accident.

Long-Term, everyday pressures/challenging situation, money problems/school work.

short-term, a traumatic experience/challenging situation, car accident.

74% of people have felt so stressed that they have been overwhelmed or unable to cope. * 1 point

True

False

I don't know

Who can I contact if I need immediate/urgent help managing my stress? (Check all that apply) * 1 point

Crisis Text Line

Trevor Project

National Suicide Prevention Lifeline

National Alliance on Mental Illness (NAMI)

A Certified Mental Health Professional

Chronic stress is short-term and only lasts for less than a month. * 1 point

True

False

I don't know

[Submit](#)

Page 1 of 1

Post-Evaluation Survey:

Post-Evaluation

* Required

Name *

Your answer _____

What is stress? * 1 point

A feeling of emotion, physical, and or mental tension

Your body's reaction to a challenge or demand

It is caused by an event that makes you frustrated, angry, and or nervous

All of the above

Which of these is NOT a type of stress? * 1 point

Acute

Chronic

Obtuse

Acute Stress is ____, It is mostly caused by ____, for example ____.* 1 point

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short-term, everyday pressures/traumatic situations, money problems/school work.

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Long-Term, everyday pressures/challenging situation, car accident.

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Exercising

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Create a to-do list

Meditation

There are two main types of Stress.* 1 point

True

False

I don't know

74% of people have felt so stressed that they have been overwhelmed or unable to cope.* 1 point

True

False

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Chronic stress is short-term and only lasts for less than a month.* 1 point

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[Next](#) Page 1 of 2

Post-Evaluation

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 and or concerns?(Optional)

Your answer _____

[Back](#) [Submit](#) Page 2 of 2

Presentation:



Finesse Your Stress

By:
Aloha Lei Garo
Taylor Ishisaka

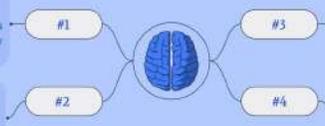
Pre-Evaluation Survey



Survey QR code

Link: <https://forms.gle/cyKuPQBQwNADY94V7>

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 one's body
- #4 Understand how to manage stress and where to get help if needed

49% of 18-24 year olds
Who have experienced high levels of stress, felt that comparing themselves to others was a sources of stress.

51% of adults
Reported feeling depressed, and 61% reported feeling anxious

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



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 anger, 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 pressures or traumatic situations
- E.g: Money problems, school work

Activity #1

I SPY Activity



Activity #1: I SPY



Find the following 8 emojis hidden in this picture in under 2 minutes.



I SPY Activity ANSWERS




Effects of Stress

on your body, mood, and behavior

On Your Body	On Your Mood	On Your Behavior
Headache	Anxiety	Overeating or Undereating
Muscle Tensions/Pain	Restlessness	Angry outbursts
Chest Pain	Lack of Motivation or Focus	Drug or Alcohol misuse
Fatigue	Feeling Overwhelmed	Tobacco Use
Change in sex drive	Irritability or anger	Social Withdrawal
Upset Stomach	Sadness or Depression	Exercising less often

Body's response to stress: "Fight or Flight" response – release hormones (adrenaline & cortisol), raising one's heart rate and breathing rate, and eventually returns back to normal

Signs of Too Much Stress

Pain

- Headaches
- Frequent Aches or Pain

Digestive

- Upset stomach
- Weight loss or gain
- Diarrhea or constipation

Sleep

- Trouble sleeping or sleeping too much

Lack of Energy

- Tiredness
- Forgetfulness
- Sexual problems

Activity #2

Movement to Music Freeze Dance



https://youtu.be/5tXh_MfrMe0

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

Diabetes

- Increase of bad behaviors
- Raise glucose levels

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

- Adventuring in nature
- Baking
- Watching a Movie
- Calling a good friend
- Exercising

Accept things that you cannot change

- Share your feelings
- Look for the upside
- Learn to forgive

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/npok4MKVLM>

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: Dizziness, Rapid Breathing, Racing Heartbeat, etc.
- Recurrent memories of a traumatic event and fears that you cannot control
- Inability to work, function, and or complete everyday tasks



Resources for Immediate Help

! If unable to cope and facing a crisis, consider contacting your mental health provider and any of these resources

Crisis Text Line <ul style="list-style-type: none">Available 24/7Text HELLO to 741741	Trevor Project <ul style="list-style-type: none">Available 24/7Call 1-866-488-7386Text START to 678678	National Suicide Prevention Lifeline <ul style="list-style-type: none">Toll-free: 1-800-273-TALKToll-free TTY: 1-800-799-4889	National Alliance on Mental Illness <ul style="list-style-type: none">NAMI Helpline: 800-950-NAMINAMI Crisis helpline: Text NAMI to 741741
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Post-Evaluation Survey



Link: <https://forms.gle/ijLA2QvZvWdZuoas58>

Any Questions?



Activity #1: I SPY Photo & Answer Key

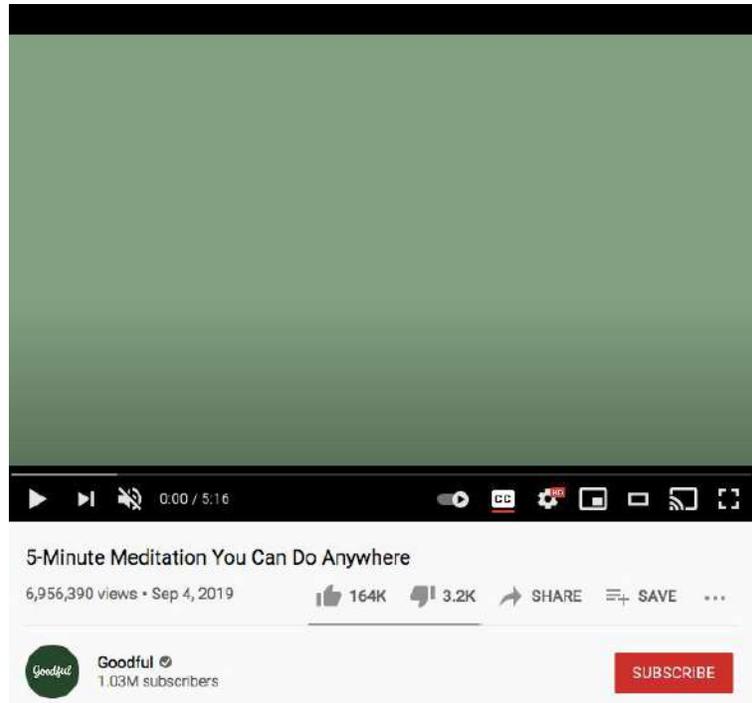


Music for Activity #2: Move to Music Freeze Dance

#RascalFlatts #LifeIsAHighway #Vevo
Rascal Flatts - Life Is a Highway (From "Cars")/Official Video
17,801,405 views • Jan 22, 2015 273K 5.4K SHARE SAVE ...

Rascal Flatts
1.04M subscribers **SUBSCRIBE**

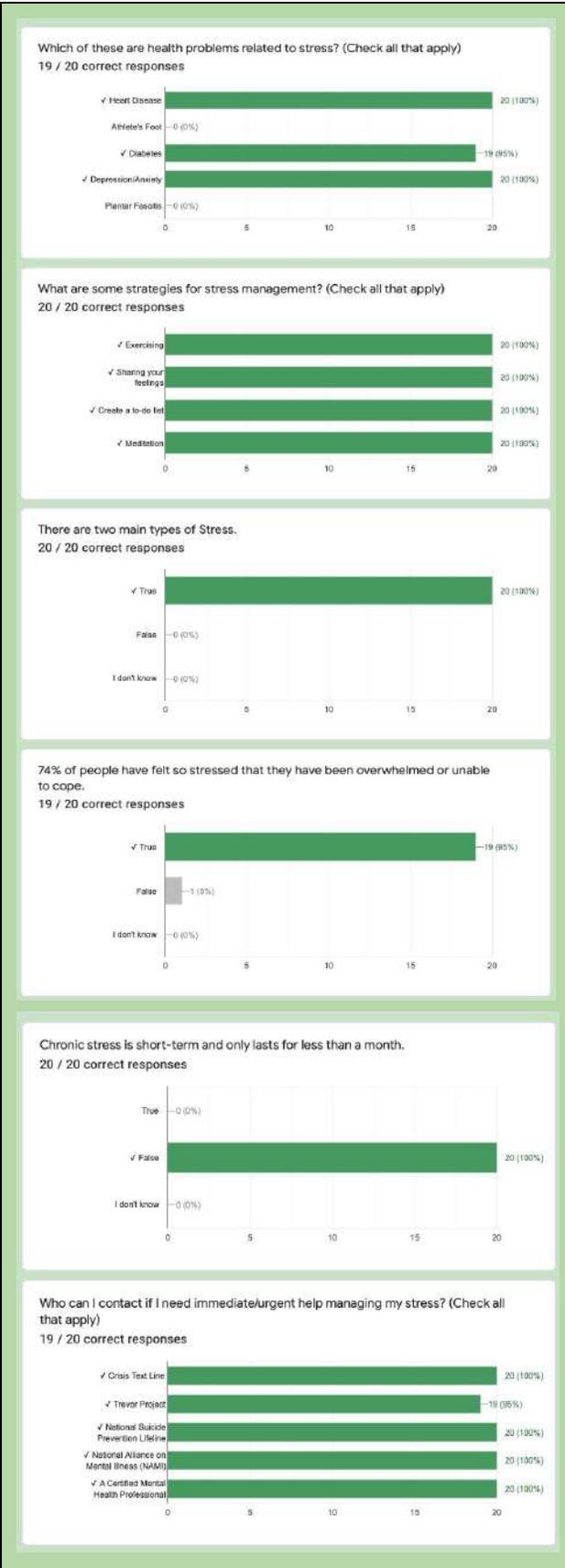
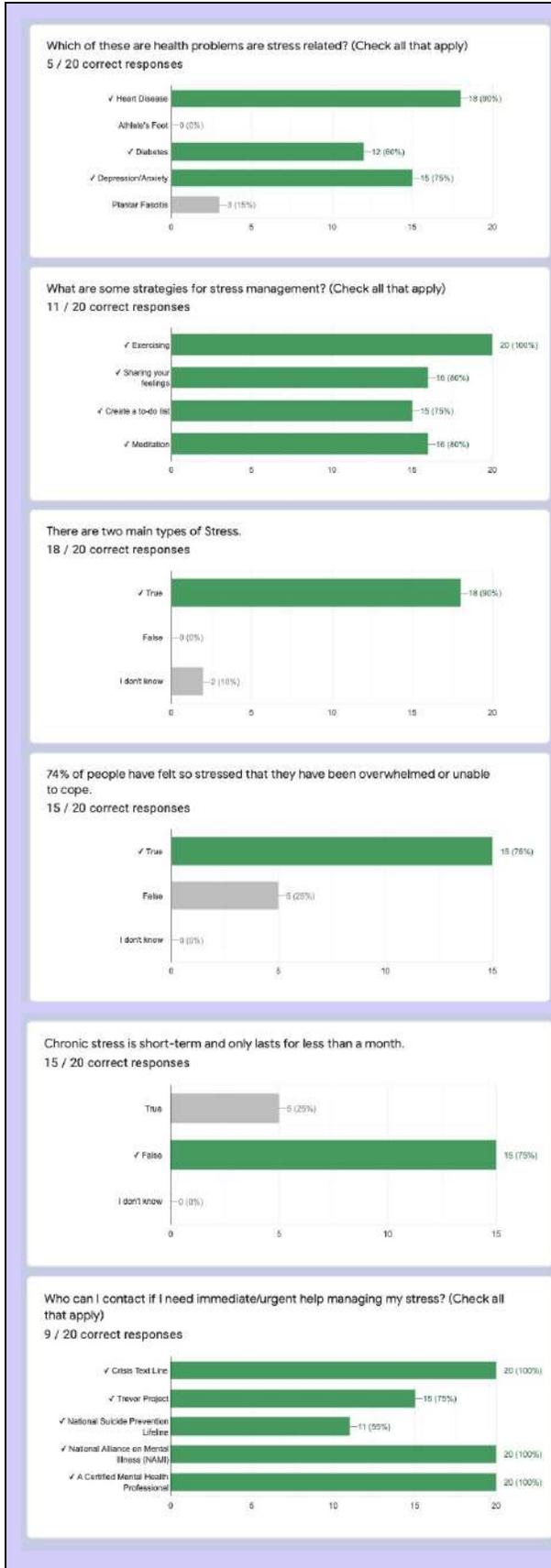
Video for Activity #3: Guided Meditation



Feedback Tools:

Pre & Post-Evaluation Results

Pre-Evaluation	Post-Evaluation																
<p style="text-align: center;">Average Score: 67%</p>	<p style="text-align: center;">Average Score: 97.5%</p>																
<p>What is stress? 18 / 20 correct responses</p> <table border="1"> <tr> <td>A feeling of emotion, physical, and or mental tension</td> <td>1 (5%)</td> </tr> <tr> <td>Your body's reaction to a challenge or demand</td> <td>0 (0%)</td> </tr> <tr> <td>It is caused by an event that makes you frustrated, angry, and or nervous</td> <td>1 (5%)</td> </tr> <tr> <td>✓ All of the above</td> <td>18 (90%)</td> </tr> </table>	A feeling of emotion, physical, and or mental tension	1 (5%)	Your body's reaction to a challenge or demand	0 (0%)	It is caused by an event that makes you frustrated, angry, and or nervous	1 (5%)	✓ All of the above	18 (90%)	<p>What is stress? 19 / 20 correct responses</p> <table border="1"> <tr> <td>A feeling of emotion, physical, and or mental tension</td> <td>1 (5%)</td> </tr> <tr> <td>Your body's reaction to a challenge or demand</td> <td>0 (0%)</td> </tr> <tr> <td>It is caused by an event that makes you frustrated, angry, and or nervous</td> <td>0 (0%)</td> </tr> <tr> <td>✓ All of the above</td> <td>19 (95%)</td> </tr> </table>	A feeling of emotion, physical, and or mental tension	1 (5%)	Your body's reaction to a challenge or demand	0 (0%)	It is caused by an event that makes you frustrated, angry, and or nervous	0 (0%)	✓ All of the above	19 (95%)
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Feedback Response

Feedback

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

Yes! I don't think I ever really learned about stress before, it is basically a first for me

Yes I do feel like I learned from this lesson! I enjoyed how each aspect of the presentation was fit to us and our learning style.

Yes! I now 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 don't think I knew much about stress and stressors, but now I am 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 relax ourselves

Yes, I learned that stress takes a toll on our bodies and also contributes to various diseases and health

Yeah, this lesson taught me that it is okay to be stressed sometimes, but too much stress will harm the body

yes it was. the lesson felt really personal and that I can apply it to my daily life.

yes, this lesson seemed really engaging and had great activities

Yes, I know more now than I did before. I am able to think about my own life 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 seems like it is relevant especially for others around my age

Yes. I learned that there are actually 2 types of stress, I always thought that it was just one thing in general

YES! this was a great topic that isn't talked about much. It is really relevant especially with this pandemic.

Yes, I learned 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! This 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 word stress is more of an umbrella term and that it is broken down further.

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

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

N/A

Allow for more activities. I really liked the meditation part, maybe another type of relaxation technique?

not at this time

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

add in more examples of events that cause each stress

in the future, you could include some real world examples.

maybe y'all can add some more "stress-related/stress-inducing" games? (just for fun lol)

I think that you can maybe add a few external sources 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 and or concerns?(Optional)
18 responses

N/A

Thank you for the lesson!

really engaging presentation!

compelling presentation!

not right now

great lesson!

Cool presentation

Nice!

this was a pretty good lesson, thanks!

pretty cool presentation, awesome layout

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 liked the organization of this presentation

Great presentation

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