Wellness Classroom Presentation:

Stress Campaign
Wellness Presentation

Our Focus:
Anxiety
- Common mental health issue in our school
- Not often discussed
- Stress is most applicable to everyone in our community

Sophie
Be There Rules
How to support someone

Be There Rules:
1. Say what you see
   ➔ If a person's behavior changes in a more intense, negative, and long-lasting way
   ➔ Talk to the person without judgement
   ➔ Offer your support
   ➔ Don't make assumptions - just state what changes you have noticed
   ➔ (use "I" statements)
     ♦ ex) "I've noticed that you haven't been showing up to practice lately and are missing school. Are you okay?"
Be There Rules:
2. Show you care
   - Start a conversation by saying “I care about you. What can I do to help?”
   - Create a safe environment
   - Show support through your tone of voice, body language, and actions
   - Don’t rush the conversation
   - Keep it simple
   - Offer practical help

Be There Rules:
3. Hear them out
   - Follow up after you ask for help
   - Validate their feelings
   - Ask open-ended questions
   - Show affirming body language
   - Share wisely - sharing your own story isn’t always helpful
Be There Rules:

4. Know your role

→ Don't judge, don't preach, and don't downplay
→ Set boundaries to make sure you are also safe
  • Be upfront
  • Assume the best of them
  • Revisit boundaries
  • Be open to changing the boundaries

Be There Rules:

5. Connect them to help

→ Let them know there are people they can talk to
  • School counselor
  • Trusted family member, friend, elder
  • Call or text a helpline
  • Find a therapist through psychologytoday.com
→ Try to understand their resistance if they don't want to talk
STRESSORS

SCHOOL
89% of people said school is the biggest stressor, so campaign is centered around it.

HOME
13.6% said home causes the most amount of stress.

SPORTS
18% said sports caused a lot of stress.

WORK
8% said work stresses them out the most.
Common Stressors in School

- **Course Load**: Course content that is rigorous (AP, Honors, etc.)
- **Grades**: Pressure to meet certain expectations (set by parents, teachers, or yourself)
- **Extracurriculars**: Pressure to perform, injuries, balancing them with school
- **Friends**: Conflicts in friend groups or relationship, peer pressure

Stress Reducing Study Tips

- **Study Plan**: Create an organized study plan that works with your schedule
- **Distribute Work**: Avoid last minute cramming
- **Ask For Help**: Before exams or quizzes, ask your teachers or friends for help
- **Breaks**: Take short study breaks and set aside time to relax
- **Food**: Fuel your body with nutritious food
General Stress Tips

Take a Walk
This can release endorphins, boost your mood and confidence, and allow you to take a break from whatever you're doing that might be stressful.

Listen to Music
This has been proven to decrease your blood pressure, heart rate, and stress hormones.

Stay Organized
Cluttered spaces can actually negatively impact your mental health, creating a stressor. Cleaning and staying organized can help keep stress hormones low and even improve sleep.

Instagram
- A public campaign targeted towards students to raise awareness on prevalent mental health concerns like stress and anxiety.
- Resources in bio
- Posts on stress, anxiety, and stress management
- Mental Health survey linked under our story highlight
Take Our Survey!
Classroom Presentation Photos:
Wellness Presentation Feedback Survey:

HOSA Feedback Form
Please take a couple minutes to give us feedback on our presentation. This is anonymous.

Was this presentation helpful? *
- Yes
- A little
- No

How do you feel about your stress management after the presentation? *
- Better
- Same
- Worse

What part of the presentation was the most beneficial? *
Your answer: ____________________________
Instagram:

Posts/ Captions *If there are repeating posts it's due to the caption not fitting in one picture
What is Generalized Anxiety Disorder?

- constant, overwhelming feelings of worry, and anxiety that impair daily life
- treated by counseling/therapy, relaxation techniques, and lifestyle changes

*GAD needs to be diagnosed by a healthcare provider or mental health professional.

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Generalized Anxiety Disorder (GAD) vs. Stress

**What’s the Difference?**

- Stress is short-lived
- Anxiety from GAD is persistent

- Stress is caused by external factors
- Anxiety from GAD is caused by internal and/or external factors

- GAD can be inherited (caused by genetics)
Feeling Stressed?

Take a walk!
Walking releases endorphins, boosts mood and confidence, and allows you to take a break from your stressors!

GREAT!

Noticing Stress and Anxiety in Others

- an individual’s behavior will usually change in a more intense, negative, and long-lasting way
- talk to the individual who is struggling without judgement
- offer your support
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Feeling Stressed?
Listen to Music!
Listening to music relieves stress by decreasing blood pressure, decreasing heart rate, and reducing cortisol levels. Stress hormones...
How to Respond to Someone who is Experiencing Stress and Anxiety

Check in with peers that are showing signs of stress

 Acknowledge their situation and offer your support

Validate their feelings and listen to them

Feeling Stressed?

Stay Organized!
Cluttered spaces can negatively impact our mental health, making us more stressed. Cleaning and staying organized can help relieve stress by lowering cortisol levels and improving sleep!
Stress Reducing Study Tips:

- Create a study plan that works with your schedule.
- Distribute your studying over multiple days (avoid last-minute cramming).
- Ask teachers for help before exams.
- Take short study breaks.
- Fuel your body with nutritious food.
- Set aside time to relax and wind down.

Take our Survey!

*Responses are anonymous.* Data will help us identify relationships between school, stress, and anxiety in students.

Survey link in bio!
Supporting Someone who is Stressed/Anxious: Hear Them Out

- Validate their feelings
- Listen to what they have to say
- Ask open-ended questions
- Show affirming body language
- Share wisely—sharing your own story isn't always helpful

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Tips to Improve Your Sleep Schedule
To reduce stress and anxiety 😊

- Increase your daily activity and reduce your caffeine intake
- Develop a relaxing bedtime routine (meditation and mindfulness are great ways to reduce stress before bed)
- Try to limit screen time an hour before bed (blue light from screens can suppress melatonin production, making it harder to fall asleep)

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Test Taking Tips to Reduce Test Anxiety

- prepare ahead of time (study a few days prior to the test)
- take deep belly breaths
- use positive self-talk: "I'm a rockstar, I'm going to rock this test!"
- take your time and pace yourself

(see caption for more strategies)
Stress and Nutrition

the correlation: stress causes us to crave comfort foods while a nutritious diet helps reduce stress!

stress relieving foods:
- Vitamin B, Omega-3 fatty acids, proteins, and gut-healthy foods

PRO TIP: looking for a quick way to relieve stress? eat something that's rich in magnesium like dark chocolate or pumpkin seeds.

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View insights

Boost post

Liked by ketogirlie and 32 others

Add a comment...
The Power of Yoga for Stress Relief

- yoga improves mindfulness of our breathing and our bodies
- yoga improves our focus and concentration
- yoga can be done anywhere!

Supporting Someone who is Stressed/Anxious: Know Your Role

- actively listen to them
- acknowledge their situation/struggles
- avoid giving unsolicited advice/personal stories
- establish boundaries between you and your friend (your role, your capacity, your safety)
- check in with yourself: are you in the right headspace for an emotional conversation?
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**The Power of Laughter for Stress Relief**

- laughing releases endorphins
- laughing soothes tension in the body
- laughter improves your immune system due to the release of neuropeptides
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Supporting Someone Who Is Stressed/Anxious
Connect Them To Help

Guide them to appropriate resources

Express your concern and ask open-ended questions if the person doesn't want to talk

Do not push or make assumptions
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The Power of Pets for Stress Relief

- Spending time with pets lowers levels of cortisol and can decrease blood pressure
- Spending time with a pet has been shown to decrease loneliness, provide feelings of social support, and boost mood!
What Kinds of Music are Most Effective for Stress Relief?

- Studies have shown that tunes with nature replicating sounds are the most calming.
- Light jazz, classical music, drums, and flutes have been proven to help listeners relieve tension.

The Power of Weight Lifting for Stress Relief

- Lifting boosts endorphins
- Lifting helps create a better sleeping habit
- Lifting increases self-esteem
- Lifting reduces stress-induced muscle tension
Subtle Signs of Stress

There are many mental and physical signs of over-stress. Often, feelings of anger, irritation, overwhelmingness, worry, and lack of interest/motivation are good indicators that you could be over-stressed. If you are experiencing these feelings, try using our stress-relieving tips.
Reels:

HOSA Mental Health Campaign
Education
A campaign dedicated to raising awareness about stress and anxiety in students, and offering solutions!
linktread/stresscampaign

WHAT DO YOU DO TO RELIEVE STRESS? PT. 2

WHAT DO YOU DO TO RELIEVE STRESS? PT. 2
WHAT DO YOU DO TO RELIEVE STRESS?
PT. 2
Stories:

3 Jan
TODAY’S STRESS MANAGEMENT TIP:
Feeling Overwhelmed?
1. Take a break and breathe.
2. Focus on the things you can control.
3. Talk to someone about your feelings.

4 Jan
SAY WHAT YOU SEE!
Nothing Seems to Matter
1. Look for ways to feel connected.
2. Identify little things to be grateful for.
3. Practice mindfulness.

5 Jan
MAKE IT UP!
Rewrite your story to shift your mindset.
1. Reframe negative thoughts.
2. Find a new perspective on challenges.
3. Keep a gratitude journal.

11 Jan
TAKE OUR MENTAL HEALTH SURVEY!
@DDCS.GOOGLE.COM
ALL RESPONSES ARE ANONYMOUS AND WILL HELP US IDENTIFY TRENDS BETWEEN SCHOOL AND STRESS

12 Jan
HELP US OUT BY TAKING OUR SURVEY!
MENTAL HEALTH SURVEY
@DDCS.GOOGLE.COM
THANKS FOR YOUR PARTICIPATION!

Linktree:
How Stressed Are You?

This form is to collect data for a school project on stress levels. Please answer honestly. All answers will be anonymous (we won’t use your email).

Email: <studentemail@gmail.com> [not shown] [contact account] [optional]
* [Assumed]

On average, how many hours of sleep do you get? *
- Under 5 hours
- 5-6 hours
- 6-7 hours
- 7-8 hours
- 8+ hours

Do you have trouble sleeping? *
- Always
- Often
- Sometimes
- Rarely
- Never

Do you find yourself getting easily irritated? *
- Always
- Often
- Sometimes
- Rarely
- Never

How often do you get headaches? *
- Always
- Often
- Sometimes
- Rarely
- Never

Do you think due dates (for school assignments) are reasonable? *
- Always
- Often
- Sometimes
- Rarely
How much school work do you do outside of school per day?**
- 10 hours
- 5 hours
- 1 hour

How do you manage your stress? **
Your answer

Do you think the thing(s) you listed above work?**
- Always
- Often
- Sometimes
- Never

How does stress affect your life?**
- Positively (it pushes me to finish things)
- Neutral (doesn't affect me)
- Negatively (worsens my procrastination but, in the end, I am still able to be productive)
- Negatively (it inhibits me from completing tasks)

What do you think causes the most stress in your life?**
- School
- Work
- Sports
- Home
- College
- Other:

What are your biggest stresses at school?**
- Difficult classes
- Pressure to get certain grades
- Social scene (friends, group work, drama etc)
- Presentations
What are your biggest stressors at school?

- [ ] Difficult classes
- [ ] Pressure to get certain grades
- [ ] Social scene (friends, group work, drama etc)
- [ ] Presentations
- [ ] Exams/tests
- [ ] Homework
- [ ] Student-teacher relationships
- [ ] Other: 

How rigorous is your school schedule?

- [ ] Not very rigorous (0-1 honors classes)
- [ ] Slightly rigorous (1 AP class/multiple honors)
- [ ] Intermediate/rigorous (2 AP classes/1+ honors)
- [ ] Pretty rigorous (3-4 AP classes)
- [ ] Very rigorous (5+ AP classes)
Posters:
In school:
Outside of school/ in our community:

Feeling Stressed? Try These:

1. Talk a walk
Walking allows you to take a break from your stressors and it boosts your mood and confidence by releasing endorphins!

2. Listen to Music
Listening to music helps relieve stress by decreasing blood pressure, decreasing heart rate, and reducing cortisol levels.

3. Stay Organized
Keeping your work and living spaces neat and tidy can help reduce stress levels by lowering cortisol levels and improving sleep!

4. Get Active!
Any form of physical activity that allows you to disconnect from your stressors is great! Specifically, yoga has been found to improve focus, concentration, and mindfulness!

Want more? Follow us @mhsstresstreatment on Instagram!
School Announcements:

HOSA Mental Health Promotion Stress Survey

→ Responses are anonymous!
→ General questions screening for:
  ✷ Stress
  ✷ Anxiety
  ✷ Mental health conditions
→ Responses will help identify relationships between:
  ✷ School
  ✷ Stress
  ✷ Anxiety

Scan To Take Survey

★ Follow our instagram @mhsstresscampaign!

Links:

Linktree (a photo was uploaded): https://linktr.ee/stresscampaign

Instagram (photos were also uploaded): https://www.instagram.com/mhsstresscampaign/

Reference Page:


