



Health and Mind Club ~ 2022

AUGUST



Managing

Stress

STRESS IN TEENS



When we perceive a situation as difficult or painful, changes occur in our minds and bodies to prepare us to respond to danger. It includes increased heart and breathing rates, cold or clammy hands and feet, a feeling of dread, and increased blood flow to arms and legs, often resulting in a "fight or flight" response.

It is possible to turn off the stress response using the same mechanism that activates it. We can relax and calm down as soon as we decide that a situation is no longer dangerous.

COOL

“Stress is not what happens to us. It’s our response TO what happens, and response is something we can choose.”

~ Maureen Killoran

Limit
Caffeine

Eat
Balanced
Meals

Exercise
Daily

Get
Enough
Sleep





JOURNAL PROMPTS

1. How stressed are you on a scale of 1 to 10? (10 being the highest and 1 being the lowest).
2. What are three situations or people that have given you stress recently?
3. What makes you think you are stressed?
4. What challenges are you facing currently?
5. What are some factors providing you support?
6. What are three methods of self care you are practicing?
7. What are five methods of self care you want to practice?
8. Write about a stress-free day in your life.
9. Describe today in one word.
10. What are some improvements you want to bring about?
11. How do you plan on bringing about these improvements in your life?
12. What are two other stressful situations that you've faced in your life, and how did you overcome them?
13. Who are three people who provide you comfort?
14. Write two short-term goals.
15. Write three long-term goals.
16. What compliments do you want to receive?
17. Write a letter to the person who contributes to your stress.
18. What are three moments in your life when you were genuinely happy?
19. What are five songs that elevate your mood?
20. List three of your biggest strengths.

~ Arpita Pai


TO READ:



The stress-proof brain
by Melanie Greenberg



EXAM STRESS: MANAGEMENT TIPS



The time is ticking, your mind is blank, your pen ink is running out and your hands are shaking. Haven't we all been through this? Exams can be daunting, but they aren't to be feared!

They are a great way of assessing your understanding of the subject and can give you positive feedback on where you should work on. With exam season around the corner, it is only fitting to share the very important ABCDs.

Yes, you read that right, and no, they aren't the ones you learn in kindergarten.



Always plan ahead:

Planning ahead helps reduce stress, become more confident and have a healthier approach to exams!

Try to create a schedule for the chapters you have to revise, well ahead of the exam date. That way you have ample time to revise and become well-versed for your exam!



Be rational and set Realistic Goals:

Don't overwhelm yourself with the work that has to be done! Otherwise, you won't set yourself out to do it. Instead, break it down and take it step by step. You could start with the first three topics of the lesson, followed by questions, and complete the next part, later in the day or the next day. Small goals in the long run, will reward you with big successes!



Care for your well-being:

In the midst of preparing for an exam, it's easy to overlook healthy diets, exercise and meditation. But, it is essential to prioritize your health and studies equally! Make sure to drink ample water, take frequent but short breaks and to sleep well! Meditate, keep your mind at peace, and take things one step at a time.



Determination and hard work is key:

'You reap what you sow' We may have heard this age-old saying, but it still stands true! Put in the time to revise and study for your test, and remember practice makes perfect. Your teachers are always there to assist you no matter what, so don't hesitate to reach out to them for help

All the best to everyone!
And keep the ABCDs in mind!



~ Lishal Zacharias

“We can easily manage if we only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday’s burden over again today, and then add the burden of the morrow before we are required to bear it.”
– John Newton



5 Senses to Manage Stress



Enjoy the clean, fresh air. Smell your favorite flowers. Light a scented candle or try aromatherapy to de-stress

Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.

smell



sound



taste



sight



touch



Indulge in a small piece of dark chocolate. Enjoy a healthy or crunchy snacks. Sip some hot tea.

Look at a cherished photo. Find an area with natural light. Surround yourself with light or warm colors.

Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Wear soft clothing.

CREDITS

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