

EQ in your PJs

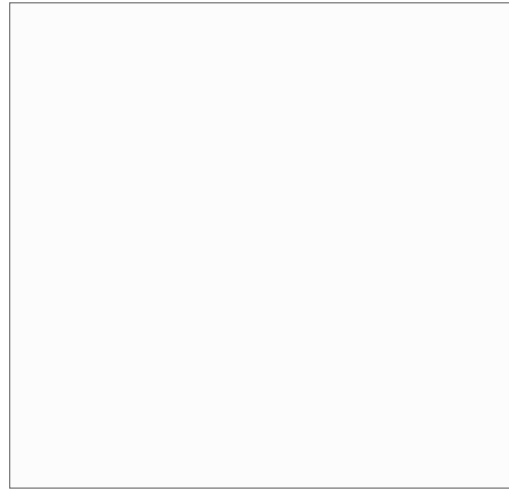
EQ in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

MANAGE STRESS BEFORE IT MANAGES YOU Part 1: Stress **N** Cause and Effects, cont'd

How does stress affect you, personally?

What adds stress to your life? List at least five things you stress or worry about:



What did you learn? From the "EQ in your PJs" video and article, summarize how our bodies respond to stress. List at least three interesting facts:

- !
- !
- !

What term did Mr. Matheny use to describe an emotional response that was important in prehistoric times, but may be in less helpful in today's modern world?

What do you think? How is the stress response helpful and how might it be hurtful?

What do you know? Share with a family member(s) what you learned about stress today. Then ask: "What did you learn about stress that you didn't know before?" Write down their response(s):

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MANAGE STRESS BEFORE IT MANAGES YOU **Part 2: Perception of Stress**

How do thoughts affect stress levels?

Our beliefs or "mindsets" can greatly affect our behavior and life experiences. For example, a belief that we can learn and "grow smarter" through effort increases our motivation to learn and our academic achievement. In a similar way, our beliefs about stress can affect how our body responds to stress—and ultimately how healthy we are—and even our academic performance.

A positive mindset about stress helps us understand that it can be stimulating and beneficial to us. Stress helps us focus our attention on things we want to accomplish or pursue and motivates us to work towards our goals. Good stress is often called "Eustress." You may experience it playing a sport, working on a deadline, setting a challenge or goal you care about, or trying something new for the first time.

Without some stress we might not live up to our potential in what we can do and achieve. And without any stress, life might seem boring and unexciting—even depressing. Some people like the stress that adventures bring on. Adventure-seekers often

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MANAGE STRESS BEFORE IT MANAGES YOU Part 2: Perception of Stress, cont'd

How does stress affect you, personally?

Refer back to the "Perception of Stress" article (pg. 3) and apply it to everyday life. On average, do you experience "no stress," "eustress" or "distress" in the following areas? Categorize them below.

Math schoolwork	With friends	Giving a presentation
English schoolwork	With family	Taking a test
Social studies schoolwork	At work (if applicable)	Coronavirus outbreak
Science schoolwork	In sports	Add one: _____

NO STRESS	EUSTRESS	DISTRESS

What do you think? How are your thoughts influencing your stress level? Choose two of the items you put in the "DISTRESS" column above. What is a negative thought you might have about that subject? What is an alternative thought that would help you get in the Eustress zone?

Negative thought causing **DISTRESS**:

1) Example: "I'm going to fail the math test this week."

2)

3)

Alternative thought to promote **EUSTRESS**:

! Example: "I'm going to try Khan Academy to figure out how to do these math problems."

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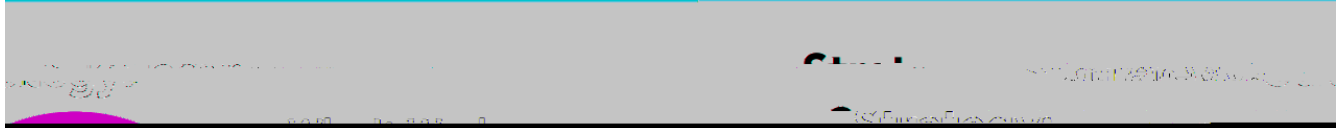
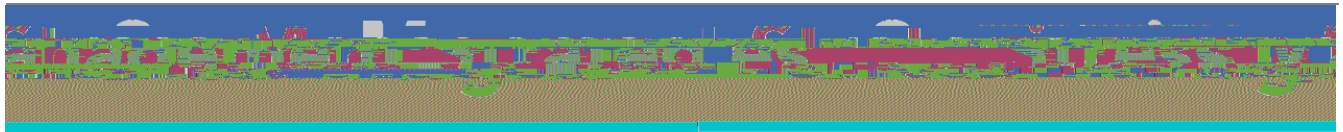
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What did you learn?

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MANAGE STRESS BEFORE IT MANAGES YOU **Part 3: Stress Management Strategies**



CLICK to try out a real Mindful Moment experience created by Mr. Matheny: vimeo.com/399018824

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MANAGE STRESS BEFORE IT MANAGES YOU Part 3: Stress Management Strategies, cont'd

How does stress affect you, personally?

