



Headstrong -

Week 4

2020/21

What emotional/physical state do you think this image is representing?



<https://youtu.be/PJx5WsYNxU4>



<https://youthscape.ams3.cdn.digitaloceanspaces.com/documents/Thrive/video-2-zainab-story.mp4>



HEALTHY SCHOOLS

CHALLENGE:

Having watched Samara's story and heard Dr Kate talk about stress, you have 2 tasks this week.

1. Complete the 'what stresses me out' sheet to reflect on the things you find stressful. Try comparing with a friend - do you find the same things stressful?
2. Lockdown was a journey for many of us. Having seen Samara's stress journey, try completing your own one to reflect on which aspects you found tricky.

WHAT STRESSES ME OUT!

Take a look at the different things listed that might make you stressed and decide where you'd put them on the grid. You can't have more than **FOUR** per stress-level so think carefully and move them around to see if you can fit them all in. Write them in the boxes.

- BEING LATE FOR SCHOOL
- FAMILY – PARENTS, CARERS, BROTHERS, SISTERS
- WHAT TO WEAR
- MEETING NEW PEOPLE
- BEING ALONE
- LACK OF SLEEP
- NOT HAVING YOUR PHONE WITH YOU
- CLIMATE CHANGE
- WEARING A FACE MASK
- PRESSURE TO DO WELL AT SCHOOL
- HAVING TOO MUCH TO DO
- SOCIAL MEDIA
- CORONAVIRUS
- GOING OUT TO CROWDED PLACES
- SPENDING LOTS OF TIME AT HOME WITH THOSE I LIVE WITH



TOTALLY STRESSES ME OUT!



MAKES ME VERY STRESSED



I GET KIND OF STRESSED



MAYBE A LITTLE BIT OF STRESS



DOESN'T REALLY STRESS ME AT ALL

TOTALLY STRESSES ME OUT!				
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DOESN'T REALLY STRESS ME AT ALL				

SAMARA'S LOCKDOWN STORY

23 MARCH

LOCKDOWN HAS STARTED.
YES! NO SCHOOL. THIS IS
THE BEST DAY OF MY LIFE!



STRESS-O-METER

10 APRIL

THIS IS GETTING SERIOUS.
I'M WORRIED ABOUT MY
GRANDPARENTS BEING OK.



STRESS-O-METER

28 APRIL

BEING TRAPPED AT HOME
WITH MY FAMILY IS
STRESSING ME OUT!



STRESS-O-METER

15 MAY

I'M BORED! I CAN'T BELIEVE
I'M ACTUALLY MISSING
BEING AT SCHOOL!



STRESS-O-METER

25 JUNE

AT LAST I CAN SEE MY
FRIENDS AGAIN – WILL WE
STILL GET ON?



STRESS-O-METER

9 JULY

WILL MISSING SO MUCH
SCHOOL MEAN I DO WORSE
WHEN IT COMES TO EXAMS?



STRESS-O-METER

1 SEPTEMBER

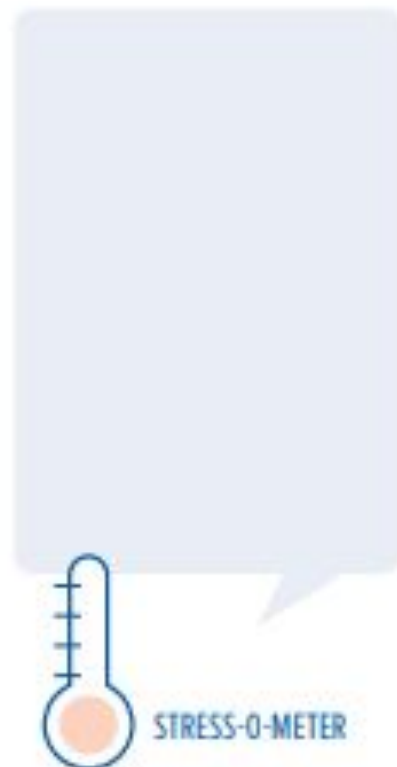
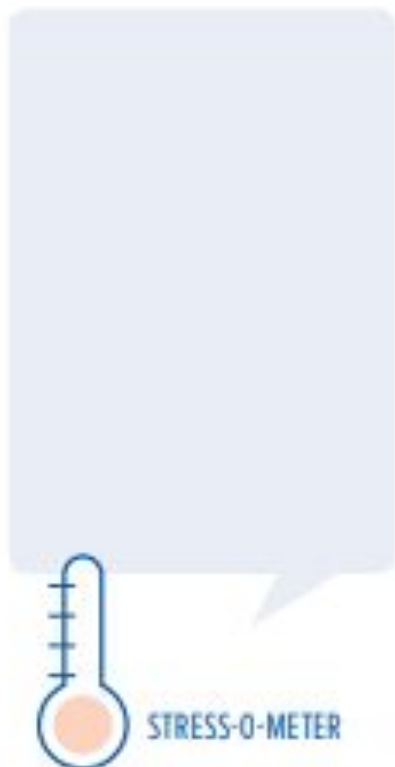
I'M EXCITED ABOUT GOING
BACK TO SCHOOL – AND A
BIT NERVOUS.



STRESS-O-METER

YOUR LOCKDOWN STORY

Create your own lockdown story. Looking back, what were the greatest moments of stress or the most significant events? What was your stress level at the time?



Stress Management

1. Listen to Music

2. Talk to friends

3. Take a walk

4. Get more sleep

6. Take a hot bath

6. Exercise

7. Eat Comfort Food

8. Do Yoga

9. Try to laugh about it

10. Play an instrument

It is important that you don't just let yourself remain stressed.

Think about what are the things you can do to 'take the plug out of the bath' and stop the stress overflowing. Find out what works for you!

Make sure you manage your stress levels to avoid this happening!



We are in
the midst of a
GLOBAL PANDEMIC,
take it easy and
give yourself a break

@GMF.DESIGNS