

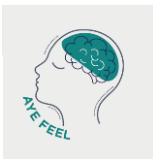


#YSSchools

#AyeFeel

Stressbuster Activities





To begin...

Start by going to: <https://young.scot/get-informed/national/how-stress-affects-you> and reading about stress, what causes it and what you can do about it. Remember this will be different for everyone.

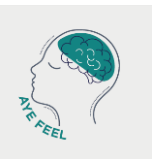
The article will have information on:

- ▼ **What is stress?**
- ▼ **How does stress affect us?**
- ▼ **What if I keep being stressed out?**
- ▼ **What causes stress?**
- ▼ **What can we do about stress?**
- ▼ **How can we stop stress building up?**

In this document, you will find activities to help you to think about the way stress might affect you and what you can do to manage it. The work that you do on this today will hopefully help you if you ever feel the effects of stress in the future. You do not need to complete all the activities, just the ones that you will find useful.

**We hope that you will find
these activities fun and useful!**





Activity 1: What is stress?

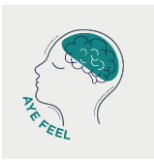
Start by writing your own definition for the word stress in the box below:

Now, write down some of the things that do or that you think might make you stressed.

Stress can have different effects on different people. In the article <https://young.scot/get-informed/national/how-stress-affects-you>, you can read about some of the common side effect of stress.

In the box below write down some of effects that you think stress might have on you. Use some of the information that you have written above to help you to think about this.

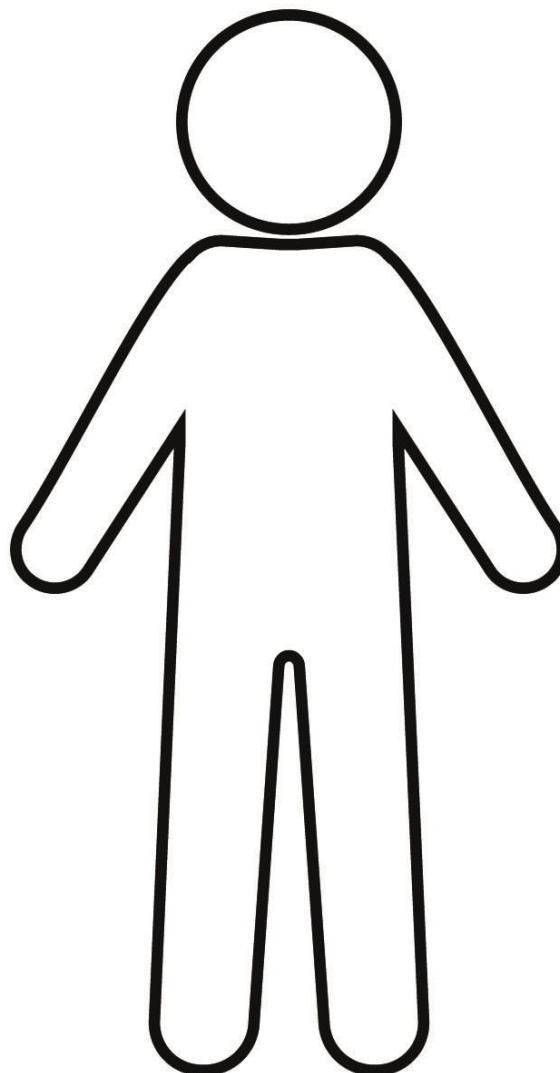


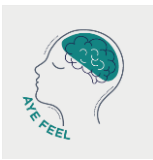


Activity 2: Your feelings and stress

- ▶ You can use the template below or you can draw your own silhouette
- ▶ In the box provided, write down a list of different things that make you feel stressed.
- ▶ In the inside on the silhouette write down everything that you feel when you feel stressed. Remember, there is no wrong answer. What you feel could be very different from what your friend feels.
- ▶ Around the outside of the silhouette, write or draw some actions – things that you could do to help you to manage your stress and make you feel better. This could be physical activity or reading a book.

Things that make you stressed





Activity 3: Emotions board

From reading the article <https://young.scot/get-informed/national/how-stress-affects-you> you will have seen that stress can affect our mood in many different ways. This activity provides you with the tools to track your emotions and may help you to find out what is making you stressed or whether it is stress that is making you feel a certain way. In turn you will then be able to come up with solutions.

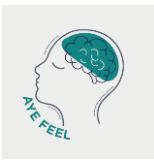
Here is what to do:

- Think of all the emotions you feel and assign a colour to them. For example, happy could be yellow!
- On a bit of paper, draw out a chart like this (make it as big as you like):

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

- Each day think about what your overall mood has been and colour that square in the correct colour. For example, if your colour for happy is yellow and you felt generally happy on Monday, then colour the square yellow. If your colour for frustrated is orange, and on Tuesday you felt quite frustrated, colour the square orange. If you have felt more than one mood, then split the square up. Remember, you can use whatever colours you would like.
- For each day, write one sentence so you remember why you felt that way.
- For the days you felt good, you will be able to see what you did and do some of these things on the days where you didn't feel as good.





Activity 4: What can we do about stress?

If you have completed or started your emotions board, you will have started to get an idea of some of the emotions that you feel over the course of the week, what might trigger them and whether stress is related to them. From the sentences you have written to capture each day, you will be able to look back and see what the things are that help you to manage your stress and other emotions.

In a list below, write some of the things you can do to help with stress you might feel:

- ▼
- ▼
- ▼
- ▼
- ▼
- ▼

In the box below, write a key piece of advice that you would give to a friend if they were feeling stressed.

