

## LESSON 14 MANAGING STRESS THROUGH MINDFULNESS

### LEARNING OBJECTIVES

The purpose of this lesson is to learn what stress is, how we can manage our stress, and ways to avoid stress through various mindfulness activities.



### LESSON CONTENT

Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. Mindfulness is a habit that can be developed to help us manage our stress. It can be described as the practice of paying attention in the present moment, and doing it intentionally and without judgment.

### STRATEGIES

- Acknowledge your stress.
- Slow down and breathe calmly.

### CONVERSATION STARTERS

- What does it feel like to truly enjoy the present moment? How can you think more about the present than the past or future?
- Why is stress normal? How can we turn stress into our friend?
- What is a strategy that helps you relieve stress quickly?

### EXTENDING THE LEARNING

- Have a silent scavenger hunt by finding 5 things you appreciate, 4 things you think look nice, 3 pleasant sounds, 2 textures that make you happy, and 1 person that you like to be around.
- Using a sketchbook, walk outside and find an object to draw. Zoom in with your mind to capture all of the details. Then draw what you see on your paper.