

Horizon to the Future -project, Getting to know me and my possibilities -workshop

DIDACTIC PLAN

TASK FOR STUDENTS: MONITORING ONES OWN WELLBEING AND STRESS

AIMS:

- To get to know ones own resources
- To explore good and bad stress
- To learn to recognize stress and reduce stress

CONTENT OF THIS TASK:

Every student writes a diary for 5 days about their stress level. Each day they must write down twice how they feel, what the stress level is (1-10), what caused the stress and how they managed to reduce the stress / what made it worse.

They have a special diary with a stress level indicator and questions to think about. The purpose of the task is to define stress, explore how it feels and what kind of affect it has on you and find out different ways to reduce stress.

TIMING:

- Instructions were told before the exceicise in edmodo.
- Teachers printed the diarys for all their students.
- Diady for 5 days (weekdays and weekend).

MATERIALS:

- The task has to be copied for everyone in advance.
- The task will be carried out during the first week of April, tha task has to be done before the workshop!

TASK: Getting to know my resources, exploring good and bad stress and reducing stress

Name: _____

Before starting the diary, please answer the following questions:

1. Define stress in your own words:

2. How easily do you feel stressed? How do you usually react to stressful situations?

Every time you write the diary, **STOP DOING EVERYTHING ELSE** first. Just listen to yourself for a couple of minutes: how do you feel? How does your body feel? Are you tired or energetic? Listen to your body and mind for a couple of minutes, and then answer the questions.

DAY 1, CHECK 1: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed



1 2 3 4 5 6 7 8 9 10



Answer the following questions according to your feelings

- a) How do you notice the stress right now? (in your body and in your mind)

- b) What do you think caused the stress?

- c) How could you have avoided the stress?

- d) What reduced the feeling of stress later?

DAY 1, CHECK 2: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

- a) How do you notice the stress right now? (in your body and in your mind)

- b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

DAY 2, CHECK 1: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

a) How do you notice the stress right now? (in your body and in your mind)

b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

DAY 2, CHECK 2: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

a) How do you notice the stress right now? (in your body and in your mind)

b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

DAY 3, CHECK 1: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

a) How do you notice the stress right now? (in your body and in your mind)

b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

DAY 3, CHECK 2: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

a) How do you notice the stress right now? (in your body and in your mind)

b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

DAY 4, CHECK 1: (day and time): _____

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

1 2 3 4 5 6 7 8 9 10

Answer the following questions according to your feelings

a) How do you notice the stress right now? (in your body and in your mind)

b) What do you think caused the stress?

c) How could you have avoided the stress?

d) What reduced the feeling of stress later?

How stressed do you feel at the moment? 1 = not stressed at all 10 = extremely stressed

Answer the following questions according to your feelings

SUMMARY: Write in your own words what you learned about your stress checks. You can write for example what was surprising, what were the best ways for you to reduce stress, how easy it was to recognize stress, how big an impact stress had on your day and your emotions, what kinds of things made you feel stressed and how you could prevent similar stressful situations that you have felt. You can write the summary in your own language.