Objectives:
--I can discuss stressors and effective stress management techniques.
--I can analyze the role of resilience and tolerance in handling stress.
--I can identify signs and symptoms of depression and suicide.
--I can identify resources for mental health concerns.

Why do you think middle schoolers behave and act differently than adults?

_________________________________________________________________________________________________________________________________________________
Select 1 student for this demo--anyone dare take the challenge??

Give them 1 stick to break. How easy was it to do that? EASY!

Surround the broken sticks with several other sticks--bind the group of sticks with a rubber band.

NOW.... try to break the bunch. How did you do? Much Harder!

What does this demonstration show? Its harder to break the more sticks you have together! Same with your mental health. The more resources, tools and people you have the harder it is to break down your mental health.
**Vocabulary**

**Stinkin' Thinkin':** term used to describe thinking or saying negative thoughts about yourself; the mind thinks negatively and the body follows. This kind of thinking causes you to miss out on the positive things in life.

**Stress:** the body's physical and psychological *response* to traumatic or challenging situations.

**Fight-or-flight:** the body's physiological responses to facing the situation or fleeing from it

**Eustress:** feelings of excitement produced by a stressor; positive/good stress

**Distress:** unpleasant feelings brought on by a stressor; negative *bad* stress

**Stressor:** any factor that causes stress

**Stress management:** techniques used to *reduce* or eliminate stress

**Resiliency:** being able to bounce back from a difficult situation

**Depression:** feeling unusually sad for at least *2* weeks; feeling extremely sad, hopeless, and unimportant and unable to live in a normal way of life

**Suicide:** taking one's life voluntarily or intentionally
Interesting Facts about the Teenage Brain

www.youtube.com/v/CFwF2tOMJC0

75% of teens state that they are stressed enough that it interferes with their daily lives.

During adolescence the body changes and mood swings occur on regular basis.

Peers become more influential.

Amygdala :Associated with gut reaction, high risk behavior flooded with emotional hormones during puberty.

Prefrontal Cortex :Responsible for reasoning skills, self control, decision making, problem solving and impulse control.
Additional Attributes of a Mentally Healthy Person

10 attributes of a mentally healthy person.
1. Being resilient (able to bounce back from a stressor)
2. Sets realistic goals
3. Participates in physical activity
4. Gratitude Attitude- being thankful
5. Manages time wisely (e.g., agenda)
6. Has a sense of humor
7. Stays positive
8. Eats a balanced diet
9. Engages in healthy relationships (positive peer groups, family, community)
10. Participates in sports/clubs/hobbies
How do the 3 sides of the wellness triangle interrelate (work together / effect each other)?

Be prepared to share with the class.

Physical
Exercise helps other 2 sides.

Mental - Emotional
If mentally unhealthy you don’t want to do the other 2 sides.

Social

Being social can help you be mentally and emotionally healthy.
Identifying Stressors

Make a list of 6 personal stressors.

Positive (eu\text{stress})

1. Ex. Homework__________________________________
2. Ex. Running From a Fire__________________________________
3.___________________________________

Negative (dis\text{stress})

1. Ex. Not being able to sleep because you are worried about what others think about you
2. Ex. Arguing with a friend_________________________________
3.___________________________________
Additional Stressors

Stress Video https://www.youtube.com/v/s93ywqFa6CM

School situations: Too much homework, balancing sports with school work, difficult tests, failing grades

Social situations: Cliques, terrorism, social media, physical appearance, fitting in, peer pressure, bullying, dating, relationships

Personal Situations: Family conflict, homelessness, divorce, moving, new sibling, family money problems, death of someone close
Reaction to Stress

Anxiety -

- Worrying; feeling of apprehension or fear*

- Many people experience anxiety; different people react differently to the same stressor

- Reaction to a stressful situation; this can be normal and can help you in a positive way to study for a test or prepare for a tryout

- When it interferes with being able to function in everyday life, avoid friends or family, lasts for longer than a couple of weeks, and you can’t overcome the anxiety, you need to seek help

- Remember, a little distress can be a good thing. It helps us to build resiliency and teaches us how to handle future stress.

Info from: *www.sfsu.edu; WebMd
Stress Management Techniques/Coping Strategies

Identify 3 personal positive strategies YOU use to manage your stress.

1. __Socialize with Friends __________________________________________________

2. __Play Basketball_______________________________________________________

3. __Read a book_____________________NOT EAT, NOT SLEEP (incorrect) __________

Compare with others in your group and be prepared to share with the class.

https://youtu.be/0fL-pn80s-c
Attributes of Being Resilient

Watch Video https://www.youtube.com/v/Dc-KRUta-Ts
Write 3 ways to improve your resiliency.

1. Answers in the Video Link Above

2. 

3. 
Attributes to Being Resilient

Being…

• Connected to others
• Flexible
• able to communicate well with others
• able to care for others physically and emotionally
• able to appreciate and use humor appropriately

Effectively handling stress + applying problem-solving techniques = Resiliency
Depression

1 in every 10 teenagers experiences a major depressive episode before they are 18.

Some signs/symptoms of depression:

Feeling: very angry most of the time, cries a lot or over reacts to things; anxious or worried a lot more than other peers, constantly concerned about physical problems or appearance

Experiences big changes for example: grades suffer, unexplained changes in sleeping and/or eating habits, loses interest in things that are usually enjoyed

Limited by: poor concentration, inability to sit still or focus attention, worry about being harmed, harming others or doing something bad

Behaves in ways that cause problems such as using alcohol, drugs or inflicting self harm (cutting, burning, punching) *Note: These symptoms occur in all teenagers to a certain degree. If it last longer than 2 weeks- Seek help.
Suicide

Suicide is the 3rd (#) leading cause of death among 14-24 year olds after accidents and homicides.

Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

**Talk**

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Taking their life

**Behavior**

- Increased use of alcohol or drugs
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

[https://afsp.org/about-suicide/risk-factors-and-warning-signs/] ***The 2 main factors why teens commit suicide is BULLYING and SOCIAL MEDIA. How can you protect yourself? Resiliency, strong family and friends, positive self-esteem,***
Resources -- Where can I go for help?

Identify 3 resources where you can go to seek help.

1. __Counselor at school or out of school ________________________________

2. __Trusted adult like Parent or Coach____________________________________

3. __Trusted adult like a Teacher _________________________________________

If you or a friend is having signs or symptoms of depression or suicide, get help.

Tell a trusted adult. (Counselor, parent, teacher, coach, clergy or trusted adult.)

**Remember: Depression is treatable**

**Suicide is preventable.**
Why? Specific – Not 1 word answers

Personal Stressors:
Parents, School = Wrong

My Stress Mind Map

Benefits of Reducing My Stress
(Helps you do what better)

Identify how you handle your stress

Stress Techniques

Who can you get advise from?

Resources

Quiz = 10 Points
Teacher