

# Stressed . . . who needs my help?

Group activity worksheet



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**Written by teachers for teachers**

## Stressed . . . Who needs my help?

You will need:

- A flipchart or a whiteboard
- a slip of paper for each student
- to cover up what is written below the stars at first

The purpose of this unit is to understand that when we change our focus from ourselves to someone else we feel less stressed.

When people feel stressed, whether it's because of other people or because of situations they face, they may behave in a number of different ways.

Action:

As a group, how many different reactions to stress can you think of? Your teacher can write them on a flipchart.

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How many of these did you include in your list?

- Withdraw to the computer or TV
- Argue with someone
- Eat too much or eat too little
- Ignore homework
- Self-harm
- Withdraw from family or friends
- Truant from school, sports practice, home etc
- Disrupt class
- Get headaches or get sick in some way
- Experiment with alcohol or drugs

*continued*

## Stressed *continued*

People have different ways of dealing with stress. When we feel pressured we think about it all the time; we worry; we may feel there is no way out.

However, there are things we can do to help ourselves feel less stressed. This is one way.

Think of someone who could do with your help or support right now. It could be:

- a member of your family
- a friend, someone in your class
- a neighbour
- someone in the news.

There is always someone who could do with some help.

Take a few minutes to think about that person. Think about what they have to cope with, maybe something that you know is getting them down at the moment.

What can you do to help that person feel better? It may be a phone call, or some of your time, maybe your positive thoughts. Whatever you think of will really help. Take a few moments to decide how you will help them feel better. Then write your decision on your slip of paper as a personal reminder.

Changing the focus from yourself to someone else helps you to feel less stressed.

Try it next time.