

# Lesson Plan Title:

## Recognize the Signs of Stress

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### Lesson Focus and Goals:

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The goal of this lesson is to teach group members that everyone experiences stress, and that the signs and symptoms can look different for each person. In addition, it will give them more insight into how they respond mentally and emotionally to stress, and give them the information they need to help them realize when they feel overwhelmed. This lesson can also encourage members to have open conversations about difficult situations with people they trust.

### Materials Needed:

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A whiteboard or three large pieces of poster paper, and markers.

### Activity Structure:

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Begin the lesson by introducing the topic of stress to the participants. Start a discussion and encourage others to share what they know about stress. After people have shared a bit about what they know, draw three categories on the board labeled: Physical Signs, Emotional Signs, and Behavior Changes. Focus on one category at a time and have participants share examples from their personal life. Give the first examples for each category to help guide their learning. For example, under Physical Signs, you might write "fast heart rate," under Emotional Signs you might write "feeling anxious," and under Behavior Changes, you might write "trouble sleeping."