

Lesson Plan Title:

Ways to Manage Stress

Lesson Focus and Goals:

As a result of this lesson, students will be able to list and describe various techniques that can be used to manage stress effectively.

Materials Needed:

A whiteboard or large sheet of paper, and markers.

Activity Structure:

Introduce the concept of stress management to participants. Then, facilitate an open discussion and encourage members to share strategies they use to manage stress and help themselves relax. You can break stress management techniques down into categories to help relax the mind, relieve tension from the body, and boost mood. Collect strategies that can be used when they are overwhelmed as well as ones that they can turn to on a daily basis. Write down responses on the whiteboard for the class to have a catalog of various stress management techniques. Then, choose a few to practice with the group in the upcoming weeks to give them an idea of which strategies they prefer.