

New world

New skills

Understanding Stress

PwC's Primary School Toolkit



Today's objectives

1. To understand what stress means
2. To understand how stress affects us emotionally and physically
3. To identify practical things they can do to help manage stress
4. To identify people they trust to talk to when they are feeling stressed



Stress

1



Stress and me



Have you ever been late for school? Or maybe a train or bus?

Or what about when you are in a hurry, but the people in front of you are walking really slowly?

How did you feel in these situations?



What is stress?



Feeling stressed is a very normal and human emotion, everyone feels stressed sometimes about different things.

Too much stress is the feeling of being under mental or emotional pressure. But some level of stress can be good for you too, i.e. the natural stress before doing a test.

You may think there's a tiny stress goblin living inside us that pushes a button, but **stress actually occurs in our brains**.

It is something that takes place inside our minds so we can't see it or hold it, but we can feel it throughout our bodies in different ways (blushing, butterflies, even feeling a bit sick).





Activity 1: Stress and others

Can you think of a situation where someone might feel stressed?

How do you recognise that they are feeling this way?



Managing Stress

2



Why do we feel stressed?



There are lots of reasons which may cause us to feel stress:

- Feeling like you're under a lot of pressure
- Big changes in your life
- Feeling worried about something
- Boredom from not having enough work, activities or change in your life
- You're experiencing bullying





How we can manage stress to feel better

Recognise

What causes you to get stressed?

Can you identify how how this makes you feel emotionally?

What are the ways others might realise you are stressed?

Understand

Try identifying sooner that you are starting to feel stressed.

Speak to someone you trust when you start feeling this way.

Action

Do some exercise

Spend time outdoors

Make a 'soothe box'

Listen to music

Read

Breathing exercises

Get good sleep

Eat a healthy diet

Do something creative

Wrap Up and Reflection

- How do you feel inside when you are starting to feel stressed?
- What is your top tip to yourself for managing stress?
- Who can you trust to speak to you if you're feeling stressed?



Any questions?

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