LESSON ONE – STRESS

**Rules And Expectations For The PSHEE Classroom**

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**UNDER**

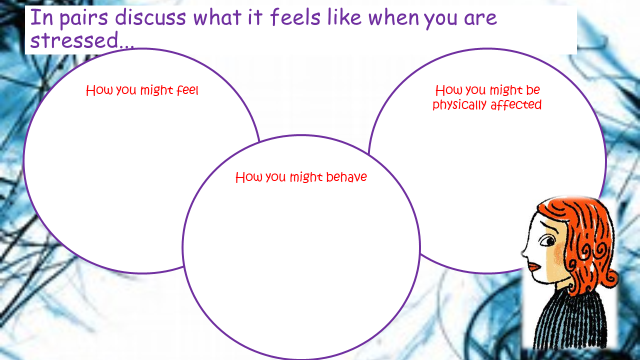
**PRESSURE?**



Circle the ones that do.

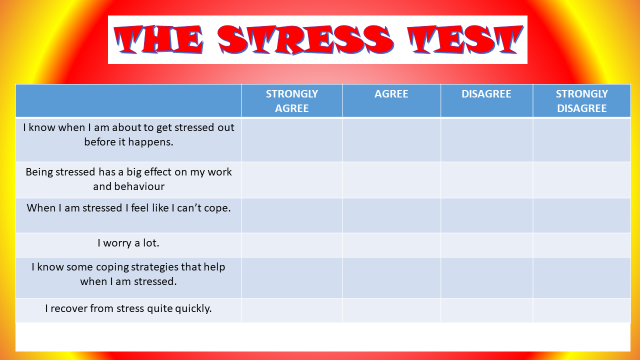
How would YOU define “stress”?

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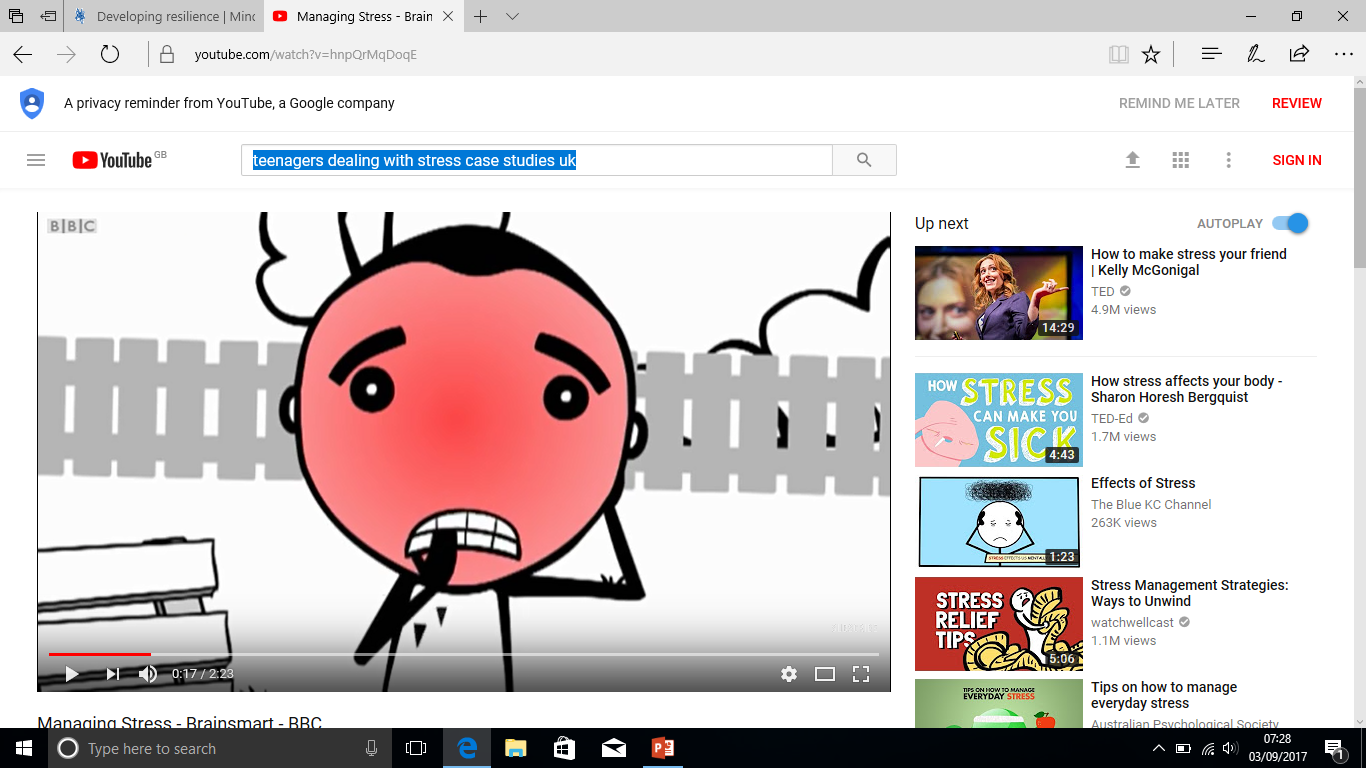
Write a brief account of a time when you were stressed. What happened? How did you feel? How did it affect you? How did you deal with it?

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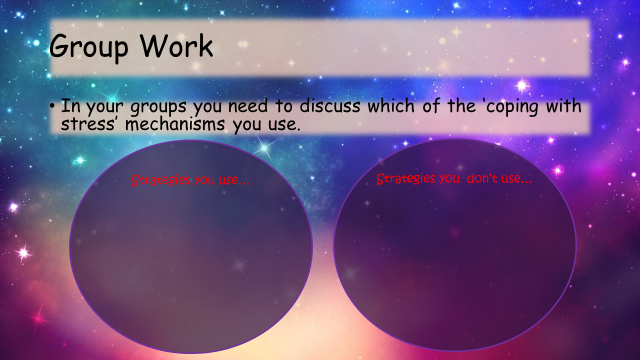


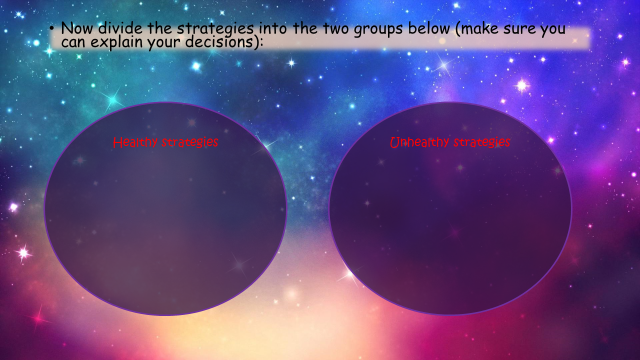
What do the results say about you?

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**[](https://www.youtube.com/watch?v=hnpQrMqDoqE) COPING WITH STRESS**

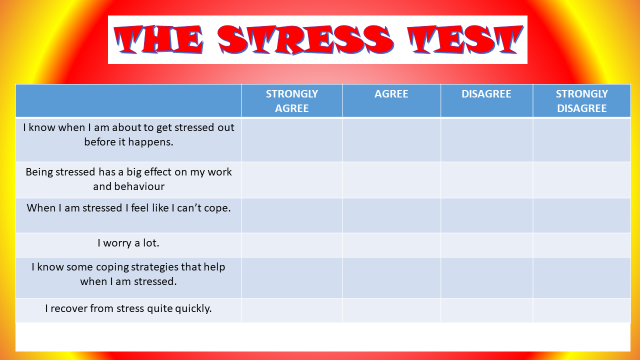
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| Meet up with friends | Walk the dog |
| Do exercise e.g. go running | Sort out the problem- talk to the person |
| Hit something | Go to a club regularly (eg: football/ swimming/cadets) |
| Have a little cry | Ignore it- it goes away eventually |
| Talk to friends and family | Watch a film |
| Read a book | Listen to music |
| Write my stresses down | Avoid the problems |
| Go over and over things in my head | Think about the bigger picture- things could be worse |
| Get a good night sleep | Get drunk |
| Do something creative | Make sure I’m eating healthily |
| Have a change of scenery | Forgive yourself- no one is perfect |







Mind Map

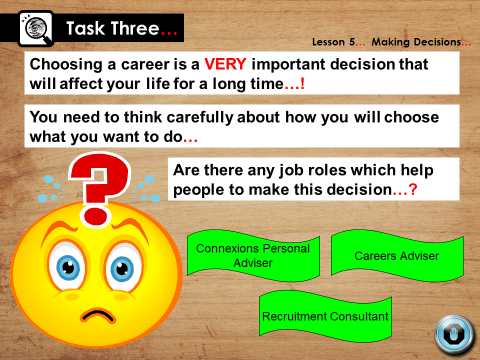


PROTECTED CHARACTERISTICS

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|  | ISSUE | T or F | SCORE | REASON |
| 1 | AGE |  |  |  |
| 2 | DISABILITY |  |  |  |
| 3 | RELATIONSHIP  STATUS |  |  |  |
| 4 | REFERENCES |  |  |  |
| 5 | PREGNANCY |  |  |  |
| 6 | RACE |  |  |  |
| 7 | EXPERIENCE |  |  |  |
| 8 | BELIEF |  |  |  |
| 9 | APPEARANCE |  |  |  |
| 10 | SEX |  |  |  |

**DECISION MAKING**

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| GOOD DECISION MAKING METHOD | BAD DECISION MAKING METHOD |
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| BELIEF/VALUE | STATEMENT |
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**Ideas to help with your presentation…**

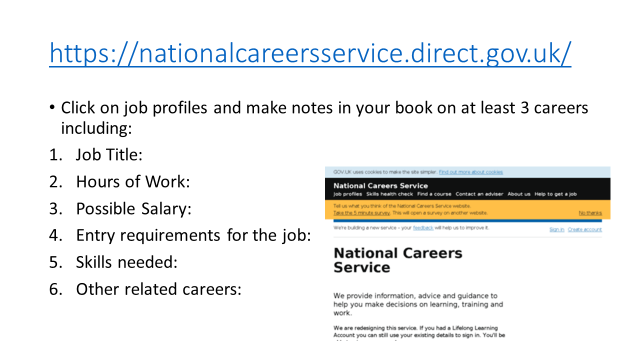
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| My Skills | My Values |
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| Jobs That Interest Me | My Hopes For The Future |
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TOP PUBLIC SECTOR EMPLOYERS IN THE UK

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TOP PAYING COMPANIES IN THE UK

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| JOB + DETAILS | PLUS | MINUS | INTERESTING |
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