

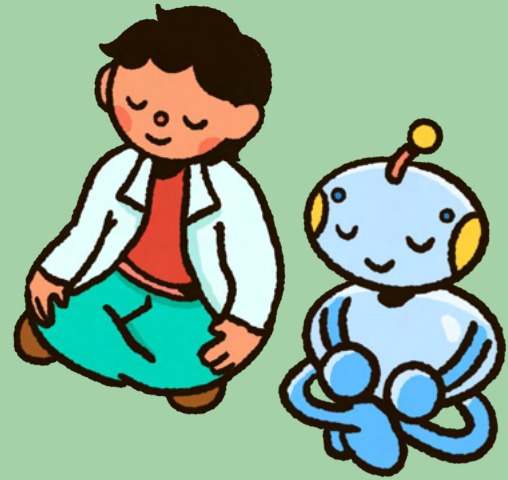
# Train Your Brain To Manage Stress

Discover brain-based approaches to develop resilience, manage stress, and cultivate a positive mindset.

<https://bit.ly/HYBactivity2>

# Playing Jacks

- Have you ever played Jacks?  
You'll need a small bouncy ball and ten small objects like jacks, pebbles or erasers.
- *Do you find the game fun or stressful? Does it get more challenging as you need to pick up more jacks?*

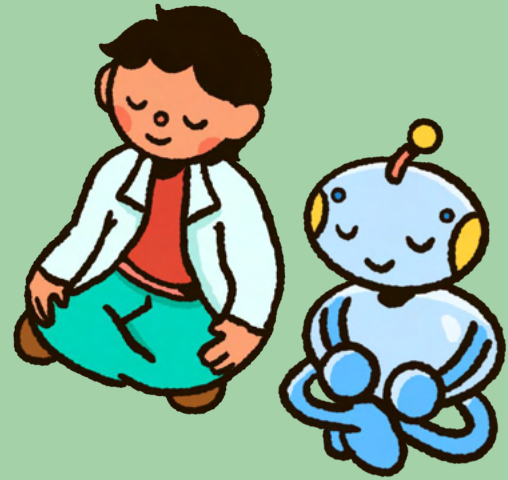


# Playing Jacks



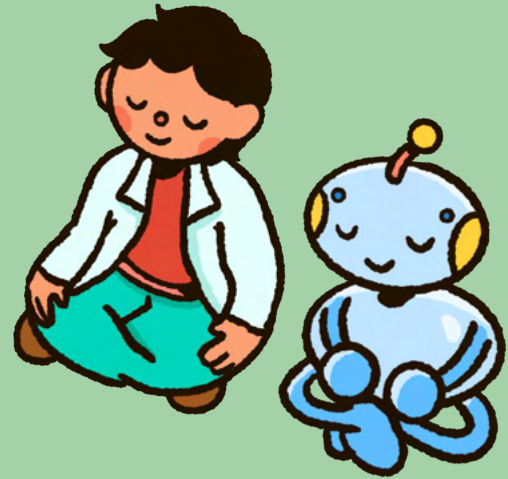
# What Is Stress?

- **Stress** is a physical, chemical, or emotional factor that causes bodily or mental tension.
- A **stressor** is a situation or event that causes us to feel stressed.



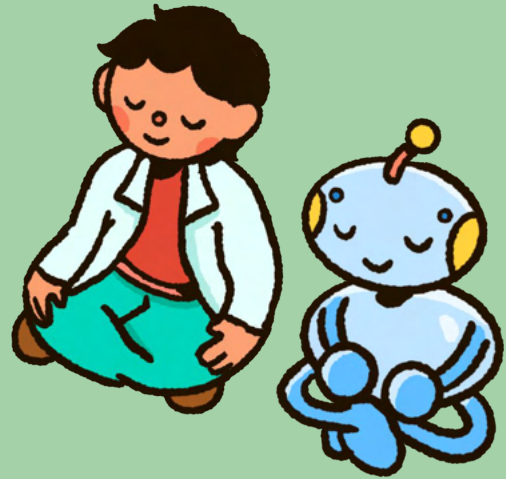
# What Is Stress?

- A stressor is viewed as a threat or a negative event if you feel that you don't have the necessary skills—or **coping mechanisms**—to handle it.
- *What are some ways you experience stress?*



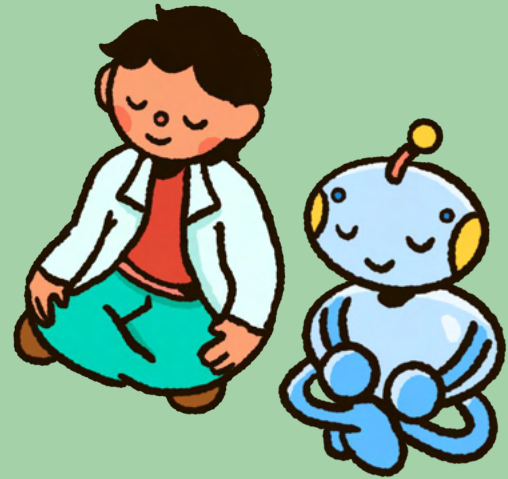
# What Is Stress?

- With preparation and coping skills, a stressor can feel more like a **challenge** or positive event.
- It can make you feel more attentive and alert. It can even help you find focus.



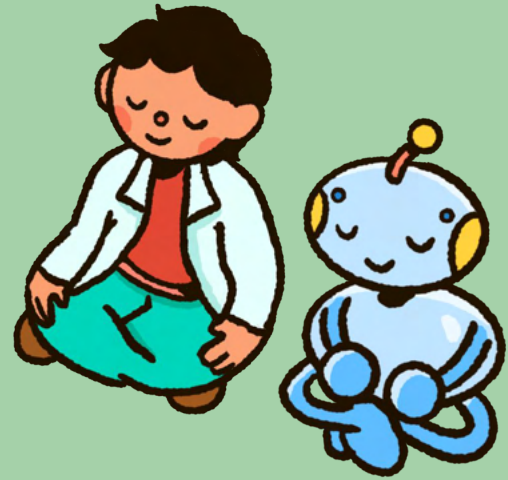
# Our Bodies, Our Brains, & Stress

- Our bodies are made up of interconnected systems controlled by the brain.
- Each has their own responses to stress.



# Our Bodies, Our Brains, & Stress

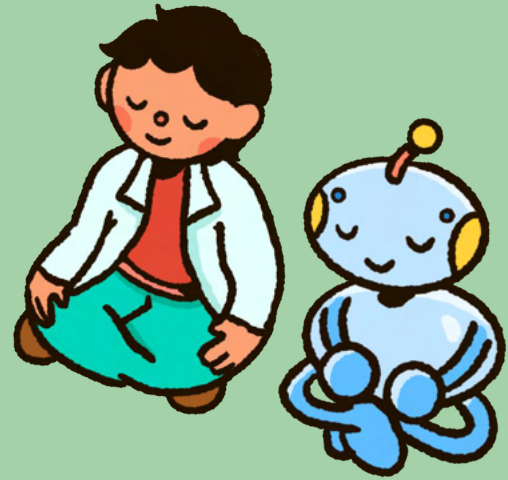
- The brain sends signals to the **adrenal glands**, which release **stress hormones**.
- These stress hormones are responsible for physiological changes in the body in response to stress.





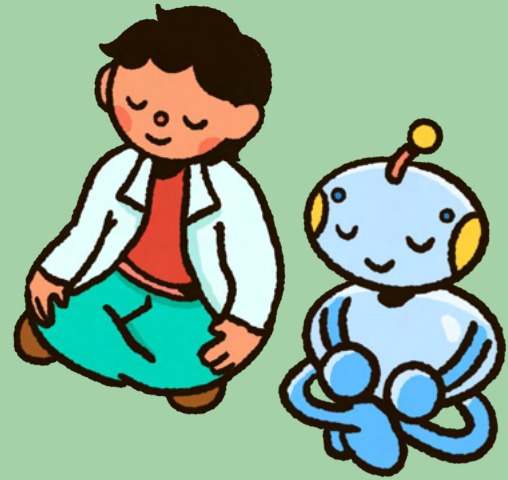
# Our Bodies, Our Brains, & Stress

- When you experience stress, the cardiovascular system releases **adrenaline**.
- It increases your heart rate and breathing, causing what we refer to as the “**fight-or-flight response**.”



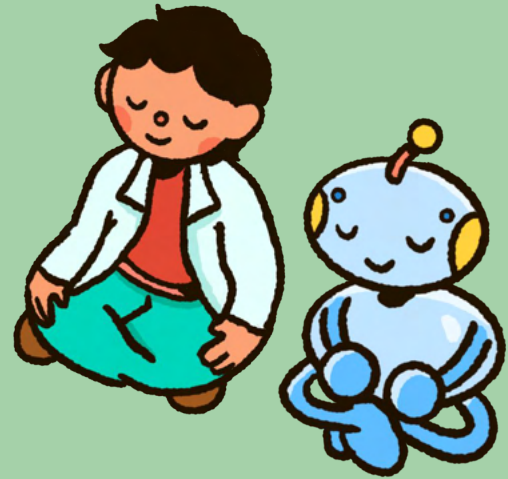
# Anyone Can Cope With Stress

- Repeated physiological effects of stress can cause health-related issues.
- Chronic stress can harm your health by damaging your heart, affecting your ability to sleep, or suppressing your immune system.



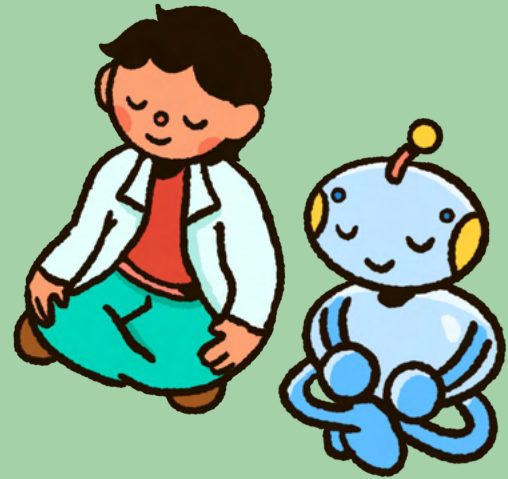
# Anyone Can Cope With Stress

- Changing how you think about the stressor can determine how your brain and body will react.
- Learning to deal with stress can help you lead a healthier life.



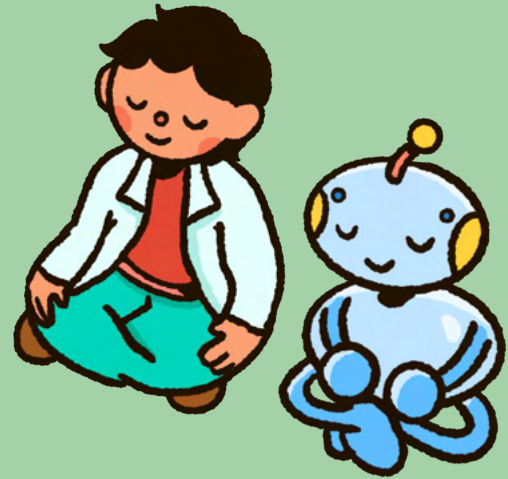
# Anyone Can Cope With Stress

- Strategies for dealing with stress in the long term.
  - Ask for help from a trusted adult.
  - Eat nutritious foods.
  - Get enough sleep.
  - Get regular physical activity.
  - Use the positive aspects of stress to help you focus and overcome challenges.
  - Practice mindfulness. Try yoga and meditation.



# Anyone Can Cope With Stress

- But what about when stress catches you by surprise?
  - Just breathe: Inhale, then exhale nice and slowly. Don't rush it.
  - Close your eyes and slowly count to 10.
  - Pet a cat or dog for ten minutes.
  - Stop and listen to calming music.
  - Take a 15-minute walk, shoot hoops with a friend, lift some hand weights, or do energizing seated stretches.

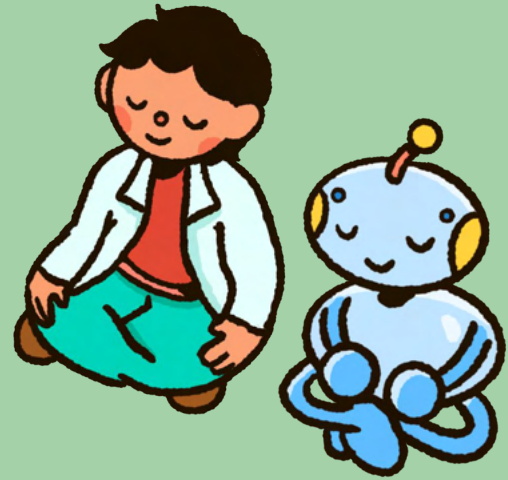


# Try This: Breathe



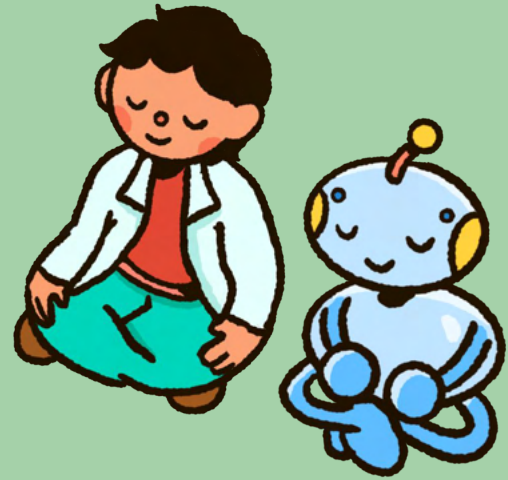
# Share out!

- *What would you add to the list of coping skills and strategies?*
- *What helps you when you're stressed?*



# Brain Builder

- This puzzle illustrates how you can use different strategies—resources—to cope with stressors.
- Match each of the stressors with the best coping strategy to reveal a secret code.





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