**Stress Management** wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

Stress Management Lesson Plan- [Stress Management SEL Lesson Plan 4.docx](https://hallco.instructure.com/courses/46018/files/2907385/download?wrap=1)

**Monday Lesson**- What do you know about stress?

[Google Stress Pre Quiz- Link (Links to an external site.)Links to an external site.](https://docs.google.com/forms/d/e/1FAIpQLSfvMLZyR7dCgeqeHK1WUQCpb4YSCl0OQaUSevATVevUup28TQ/viewform?pli=1)

[Stress Survey on Google Drive.pdf](https://hallco.instructure.com/courses/46018/files/2904643/download?wrap=1)

**Tuesday**- How does your body react to stress

[Link](https://www.youtube.com/watch?v=v-t1Z5-oPtU&t=16s)

**Wednesday**- Worksheet Response Discsussion

[Stress Worksheet.pdf](https://hallco.instructure.com/courses/46018/files/2904644/download?wrap=1)

**Thursday**- Handling Stress

Tips for dealing with Stress

[Link .](https://www.youtube.com/watch?v=lDecu0ME1Zo)

**Friday**- Stress Pamphlet

Extra Support Documents-

Copying with Stress- [Coping with Stress Document.pdf](https://hallco.instructure.com/courses/46018/files/2904645/download?wrap=1)

Stress/ Anxiety- [Fact Sheet on Stress and Anxiety.pdf](https://hallco.instructure.com/courses/46018/files/2904646/download?wrap=1)