

WIRED FOR WELL-BEING

BOOK

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PUPIL BOOK



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Name:

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SKILL 3 - ACTIVITY 1

GET GOOD AT STRESS



KEY MESSAGE

Adolescence can be a stressful and challenging time, with so many changes to contend with. We need to learn to embrace stress and not be afraid of it! When we change our minds about stress, we can actually **change our body's response** to stress. This really shows the power of our thoughts and the importance of **mastering our self-talk**. If we think of stress as harmful and to be avoided, then when start to feel the physical signs of stress, we become even more stressed, which causes a harmful stress response in our bodies, including the production of **cortisol** and **adrenaline**.

When we start to see stress as a **challenge rather than a threat**, we can interpret the physical signs of stress as a sign that **our bodies are trying to help us**. This triggers a much healthier stress response in our bodies and helps us to feel calmer and more in control.

We can do this by using **positive self-talk phrases** whenever we feel the stress response in our bodies.

ACTIVITY 1

Out of My Comfort Zone

Reflect on time when you were very stressed because you did something out of your comfort zone and felt proud of yourself afterwards. How did you feel beforehand? How did you feel afterwards? How did you cope with your stress?



◀REPLAY▶

If you completed *Wired for Well-Being - Book B*, you might remember **Skill 4: Tame Your Emotions**, in which we learned the **S.O.S. technique** for dealing with challenging or stressful emotions. **S.O.S.** stands for **Say it, Okay it, Surf it**.

ACTIVITY 2

In pairs, write a list of at least 5 constructive ways to deal with stress and get good at it.

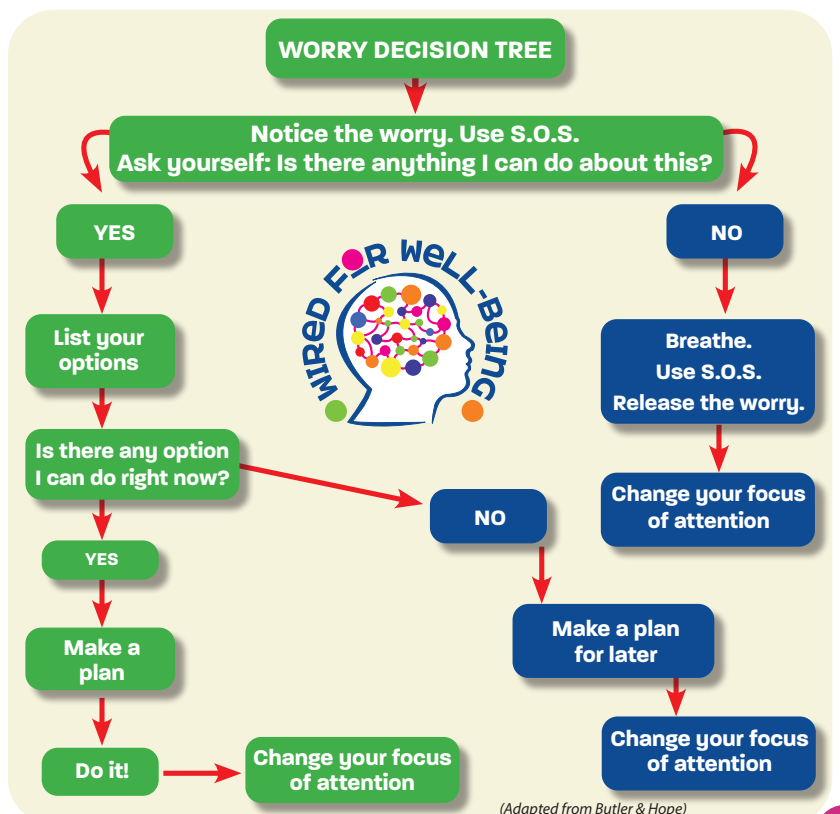


Use the **Worry Decision Tree** to help you to deal with worries or anxieties which are stressing you.



If you expect stress to help you, and you recognise your own natural capacity to thrive under stress, you will be healthier than if you fear, suppress or try to avoid stress. If you can see the upside of stress, stress can help you, and you will be more likely to thrive in stressful circumstances.

- Kelly McGonigal



(Adapted from Butler & Hope)

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SKILL 3 - LEARNING OUTCOMES

LEARNING SELF-ASSESSMENT

Assess how you feel the **Learning Outcomes** of this lesson were achieved.

SKILL 3: LEARNING OUTCOMES – That you will:		WENT WELL	WENT WELL TO SOME EXTENT	DID NOT GO WELL
1	Understand why the way we view stress is vital			
2	Understand ways to use self-talk to reframe stress as a challenge rather than a threat			
3	Understand the neurotransmitters released during the stress response and how our thoughts affect this process			

REFLECTION:

How can you apply what you have learned in this lesson to enhance your own well-being?

INDICATORS TARGETED:




SKILL 3 - HOMEWORK

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HELPFUL SELF-TALK TO GET GOOD AT STRESS

HOMEWORK

Use the following self-talk statements in stressful situations this week to help you to get good at stress!

SELF-TALK REMINDERS	TICK IF YOU USED IT 
I can cope with feeling uncomfortable.	
My body is helping me.	
I can do this!	
I'm getting stressed because I care about this.	
I'm getting stressed because I'm out of my comfort zone.	
I can pause and breathe.	
My body is giving me energy now, that's why my heart rate is increasing.	
I don't need to panic, my body is getting ready for a challenge!	

Or write your own self-talk statements below.

