

Address Your Stress

Monthly Campaign Bulletin Board

Theme:

This bulletin board was developed to help students recognize stress and identify strategies for reducing stress.

Bulletin Board Example:



Classroom Instructions:

Talk with your class about stress – where it comes from, how it manifests, and strategies to reduce it. Review with your class the 6 areas addressed through the ENERGY acronym (see below). You can also check out the lessons from [Alberta Health Services' Elementary Mental Health Kit](#) for more information and ideas about stress:

- Stress: Chicken Juggling 101 (p. 74)
- Stress: Listening to my Inner Voice (p. 85)

Bulletin Board Instructions:

There are 6 areas addressed on this bulletin board:

1. **E:** Exercise – Workout/ Stretch, walk, sports with a team or friends.
2. **N:** Nutrition – Eat according to Canada’s Food Guide, drink plenty of water.
3. **E:** Enjoyment – Non-school activities, music, reading, hobbies, family life and friends.
4. **R:** Relaxation – Different physical acts that one could do to help deal with stress such as stretching, deep breathing or yoga.
5. **G:** Growth – Try a new hobby, join a group, make a new friend.
6. **Y:** You – Balance school and personal life, change negative thoughts to positive thoughts. Like yourself for who you are!

Choose a group of students to discuss ways to reduce stress and create the bulletin board. This group could be a classroom of students, student leadership group, or a small group of interested students. Ask students to identify 1 – 2 strategies that they will draw in the below sheets for the bulletin board.

Exercise

- Workout/Stretch
- Go for a walk
- Play sports on a team or with friends

Nutrition

- Follow Canada's Food Guide
- Drink plenty of water

Enjoyment

- Non-school activities
- Music/reading/hobbies
- Family life and friends

Relaxation

- Spend time by yourself
- Talk to friends
- Warm bath or yoga

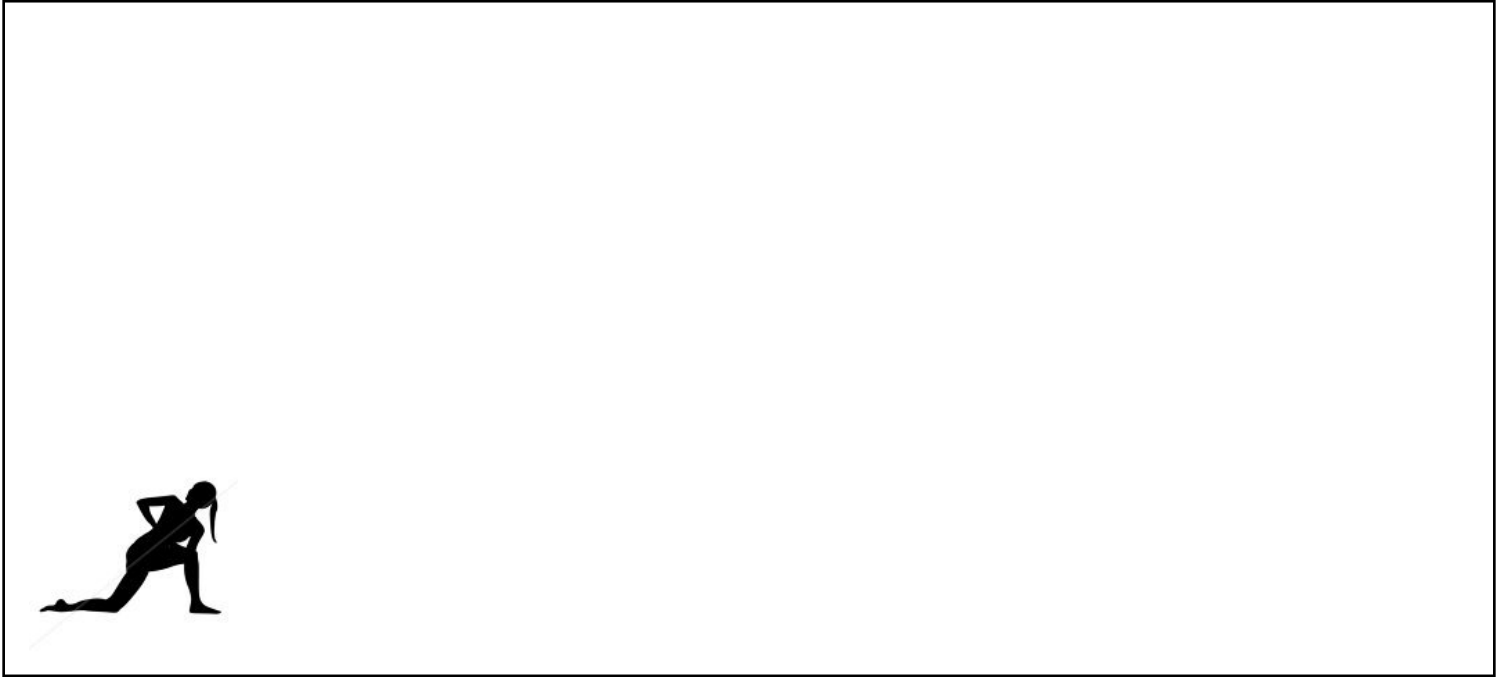
Growth

- Try something new
- Join a group
- Make a new friend

You

- Balance school & personal life
- Change negative thoughts to positive thoughts
- Like you, for you!

I Address My Stress by **exercising**. My favorite way to get active is



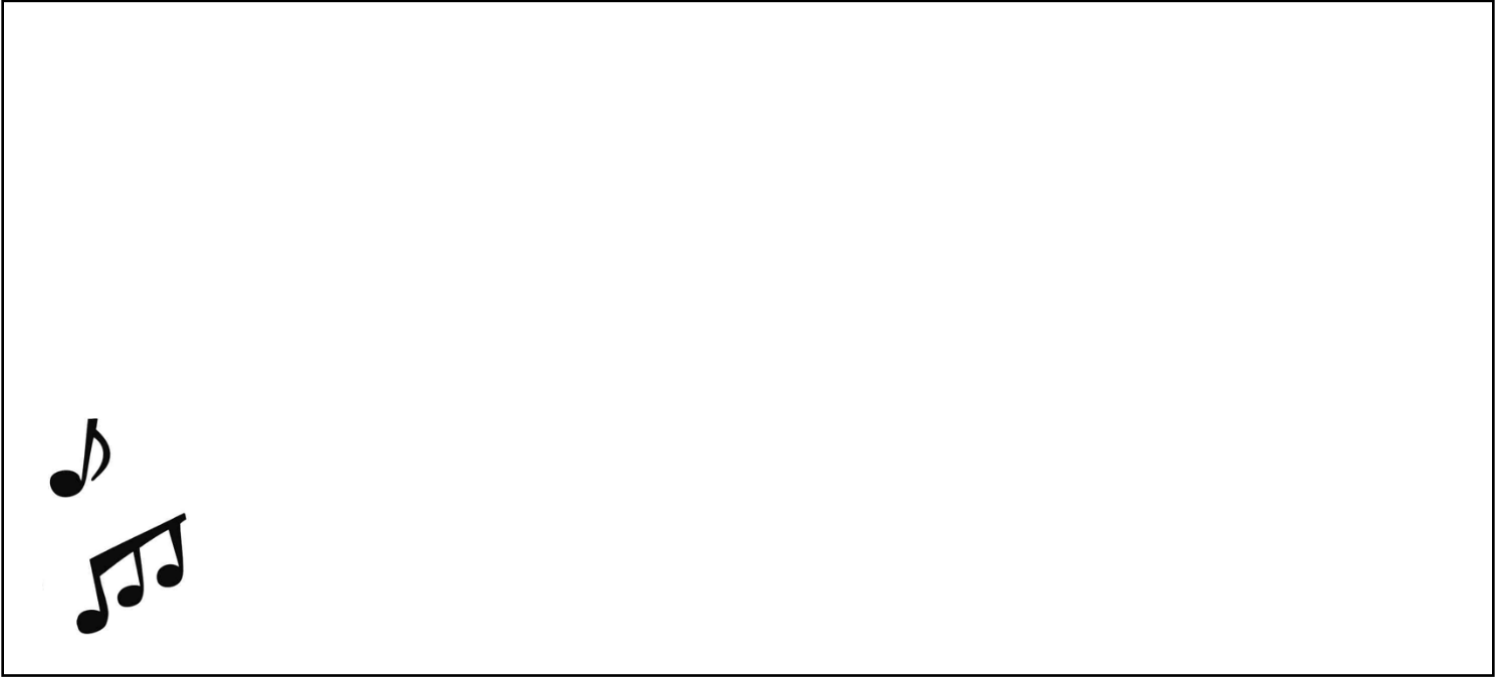
_____.

I Address My Stress through **nutrition**. My favorite healthy food is

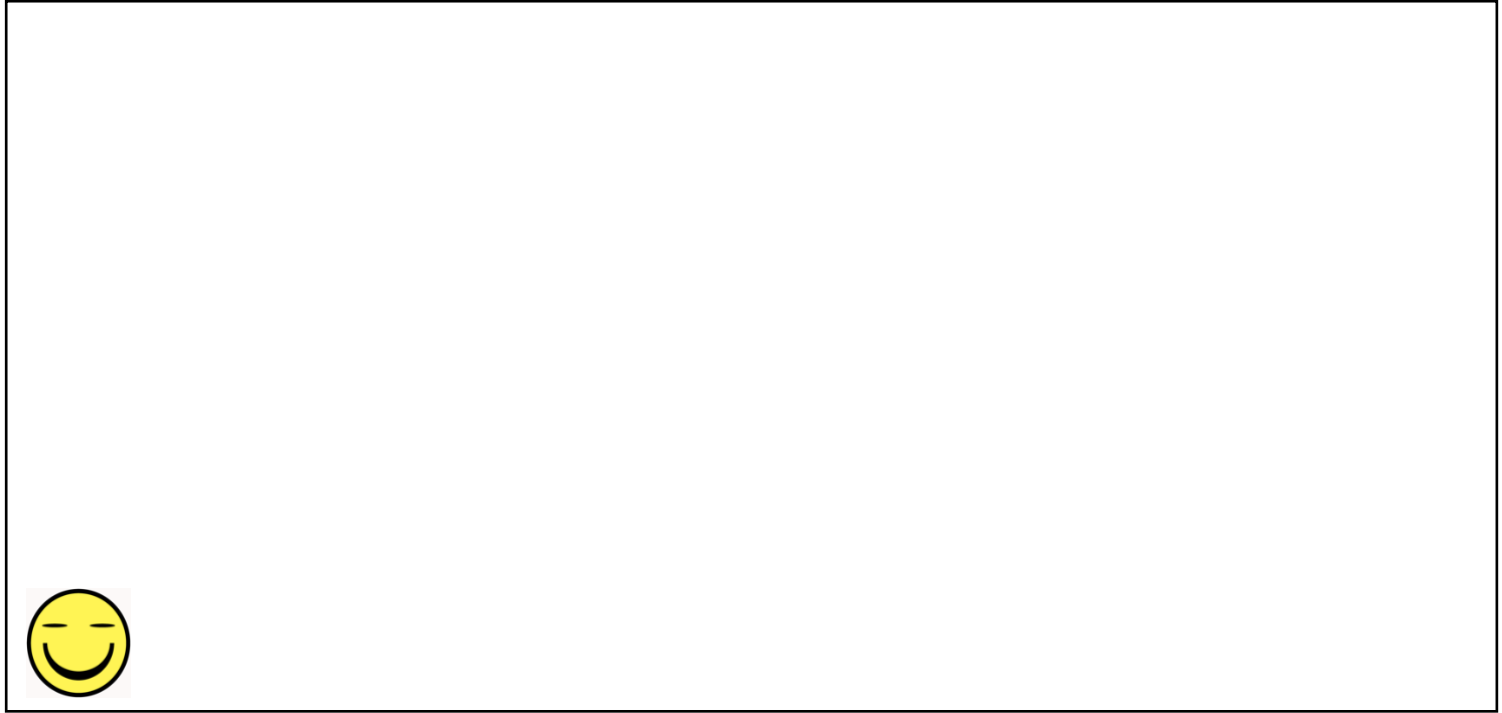


I Address My Stress by **enjoying life**. My favorite non-school activity or

hobby is _____.



I Address My Stress by **relaxing**. My favorite way to relax is



A large, empty rectangular box with a black border, intended for the user to write their favorite way to relax. In the bottom-left corner of this box, there is a yellow smiley face emoji with closed, curved eyes.



I Address My Stress by **growing as a person**. Something I've never done before, but want to try is _____.



I Address My Stress by **liking myself**. One thing I like about myself is _____.

