

Friends

GEORGIA 4-H



Health
Rocks!®

=
MAKING
THE GRADE!

Less Stress

Name _____

Grade _____ Teacher _____

School _____



UNIVERSITY OF GEORGIA
EXTENSION





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Georgia 4-H & Health Rocks! Less Stress

I'm glad you have decided to follow directions from me, Arch the Dawg, and be a stress buster! I want you to use your Head, Heart, Hands and Health (just like in the 4-H pledge) to reduce the amount of stress you might experience! I have some handy tips and learning activities in the pages that follow, so join me and learn ways to have Less Stress in your life! **Remember if you ever feel overwhelmed or need help, you can reach out to a trusted adult in your life.**

You can also ask your teacher or school counselor for help!



Georgia 4-H is a partner in public education and strives to incorporate state standards in the educational materials produced for in-school use. The following standards are correlated to the content delivered in this publication.

Georgia Standard HE3.1, HE4.1, HE5.1 & HE6.1:
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Georgia Standard HE5.7, HE6.7, HE7.7 & HE8.7:
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Georgia Performance Standards from georgiastandards.org



Think Green! Not just 4-H Green...but let's help do our part to recycle and reuse. Save this book, reread it or pass it along to a friend. If it's too worn, please recycle it.



WHAT IS STRESS?

stress *noun*: a physical, chemical, or emotional factor that causes bodily or mental tension
[stres]

Stress looks different for everyone. Someone experiencing stress may have trouble eating, sleeping, staying safe, or concentrating. It could cause our hearts to beat faster, make our muscles tense up or feel tight, or give us a stomachache. You can learn more about stress and ways to handle it in the following pages!



Is stress good or bad?

Stress isn't always bad. It can be good too. Stress can encourage us to do more work, be more alert, and compete at a higher level. Can you think of any ways stress might be good in your life?

Circle the number that represents the level of stress you feel when you think about each item. Circle a **1** if it causes you little or no stress and a **5** if it causes you a lot of stress.

< LESS STRESS

My family

MORE STRESS >

1 2 3 4 5

Money (not having enough)

1 2 3 4 5

My homework

1 2 3 4 5

Peer pressure

1 2 3 4 5

Testing

1 2 3 4 5

Sports

1 2 3 4 5

My significant other/crush

1 2 3 4 5

Lack of free time

1 2 3 4 5

Responsibilities at home

1 2 3 4 5

School events

1 2 3 4 5

Other

1 2 3 4 5

Look at the stressors you have marked with a **3**, **4**, or **5**.

Do you have a lot of those?

Do you feel you are under a lot of stress?

Take a look at this page and discuss your **3**, **4**, or **5** stressors with a trusted adult.





SYMPTOMS OF STRESS

PHYSICAL SYMPTOMS	EMOTIONAL SYMPTOMS	BEHAVIORAL SYMPTOMS	COGNITIVE SYMPTOMS (how stress affects ability to think, reason, remember)
<input type="checkbox"/> Extremely tired	<input type="checkbox"/> Irritable	<input type="checkbox"/> Grinding teeth	<input type="checkbox"/> Difficulty with memory
<input type="checkbox"/> Headaches	<input type="checkbox"/> Increased outbursts of anger	<input type="checkbox"/> Not hungry	<input type="checkbox"/> Inability to concentrate
<input type="checkbox"/> Difficulty sleeping	<input type="checkbox"/> Overly aggressive	<input type="checkbox"/> Over-eating	<input type="checkbox"/> Can't make decisions
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Withdrawn	<input type="checkbox"/> Fidgety and restless	<input type="checkbox"/> Trouble thinking clearly
<input type="checkbox"/> Sleeping too much	<input type="checkbox"/> Anxious	<input type="checkbox"/> Increased alcohol consumption	<input type="checkbox"/> Use poor judgment
<input type="checkbox"/> Frequently sick	<input type="checkbox"/> Lack of initiative	<input type="checkbox"/> Smoking or using tobacco products	<input type="checkbox"/> Negative thoughts
<input type="checkbox"/> Dry mouth	<input type="checkbox"/> Cry a lot	<input type="checkbox"/> Acting out	<input type="checkbox"/> Constantly worrying
<input type="checkbox"/> Lump in throat	<input type="checkbox"/> Excessive worry	<input type="checkbox"/> Using drugs	<input type="checkbox"/> Confused
<input type="checkbox"/> Tight or aching neck and shoulders	<input type="checkbox"/> Apathetic or indifferent	<input type="checkbox"/> Tapping fingers or feet	
<input type="checkbox"/> Increased perspiration	<input type="checkbox"/> Overly critical	<input type="checkbox"/> Nail biting	
<input type="checkbox"/> Heartburn	<input type="checkbox"/> Lack of concentration	<input type="checkbox"/> Grades go down	
<input type="checkbox"/> Backache or pain	<input type="checkbox"/> Feeling of helplessness	<input type="checkbox"/> Trembling legs	
<input type="checkbox"/> Faster beating heart	<input type="checkbox"/> Overly emotional		
	<input type="checkbox"/> Impatient		
	<input type="checkbox"/> Unhappy		





STRESS-O-GRAPH

On the chart below, plot the stress-producing situations on a scale of 1 through 5, with 5 being the most stressful, 3 average stress, and 1 being the least stressful. Then, connect the dots to graph your stress rate.

SCHOOL SITUATIONS

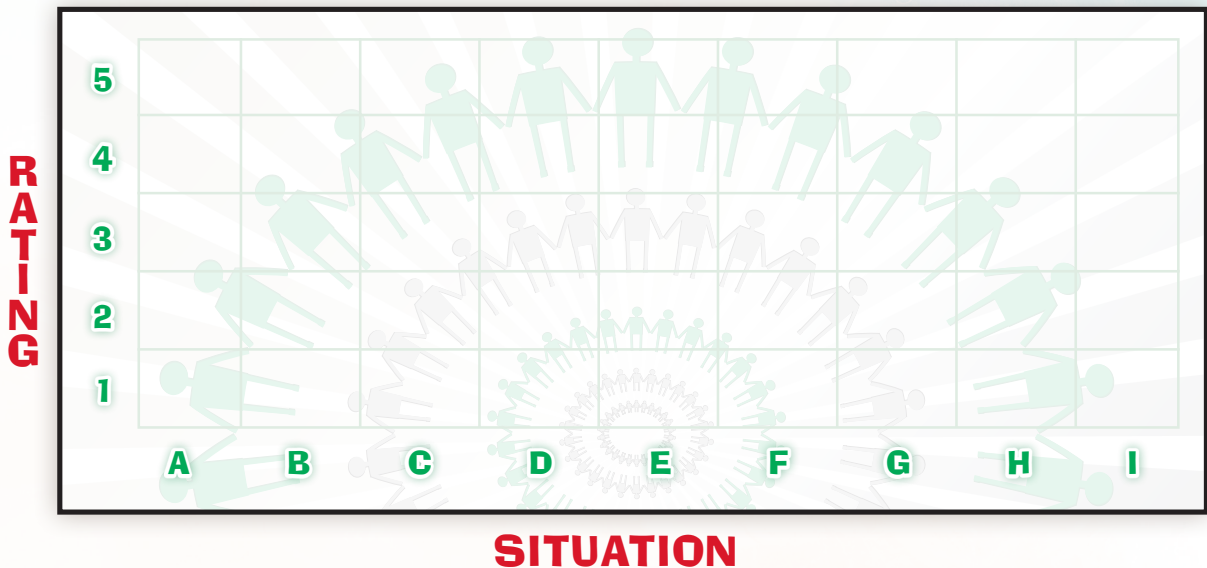
- A. Tomorrow you will have to give a five minute speech in English class.
- B. After school you hurry to catch up with your best friend but they turn away and won't talk to you anymore.
- C. You raise your hand in class to answer a question and your answer is wrong.

FRIEND/PEER SITUATIONS

- D. While sitting in class you receive a note from the principal requesting that you see them in their office after school.
- E. Tonight you are to have your first outing with someone you really like.
- F. While walking through the halls at school, you see someone you like very much holding hands with another person.

PARENT SITUATIONS

- G. You have big plans for the weekend but your parents say you can't go out because you didn't clean your room.
- H. You just realized that you forgot to mow the lawn as your dad had asked, and he'll be home in 10 minutes.
- I. It's Saturday morning and you want to sleep late but your mom says you need to get up early to clean the bathroom, vacuum the living room, and mop the kitchen.



RESULTS

1. Is your life _____?
 - › Stress-free
 - › Moderately stressful
 - › Extremely stressful
2. If you don't like the amount of stress you live with, what can you do about it? _____
3. Where were most of your stress areas?
 - › School (A, B, C)
 - › Peers (D, E, F)
 - › Parents (G, H, I)



STRESS BUSTERS

Test anxiety is one of the most common forms of stress faced by young people. Even when you absolutely know the information that's being given on a test, stress can cause changes in the body and brain that make it hard to think clearly.

To tackle this problem, **Arch the Dawg** wants you to use the tips to the right when preparing for your next test!



Circle those things that you can use to help lower your stress.

Listen to music 

Do your best

Do less

Talk to friends

Take a deep, cleansing breath

Think positively 

Set goals

Don't try to be perfect

Listen to others 

Do something fun

Read a good book

Change your routine

Get away from stress

Daydream for 10 minutes

Do a physical activity 

Laugh

Talk to your family

Think & plan ahead 

Get better organized



BRINGING IT ALL TOGETHER

Today, you have learned all about stress, how it can effect you and how to help manage it in healthy ways. Tell us more about how you will use what you have learned!

"When I think of stress I feel..."



In the boxes below, list 3 things...

Important to you

1

2

3

That you enjoy

1

2

3

That make you happy

1

2

3

That cause you stress

1

2

3

TRUE OR FALSE

Circle your answer.

T / F Stress is always bad.

T / F Stress can make you physically ill.

How might you use what you have learned?



SPOTLIGHT ON CAREERS



Beyond Ready

4-H prepares youth to be "Beyond Ready" for life by encouraging them to explore their sparks and build meaningful relationships with peers and adults. Being "Beyond Ready" also means thinking about your future and learning about careers!

Pathway to Success

- 🍀 Georgia 4-H'er
- 🍀 UGA Student
- 🍀 4-H Summer Camp Counselor
- 🍀 Family and Consumer Sciences Agent



Bio: Ashleigh Geurin's journey to success is a true testament to hard work and dedication! Growing up as a Georgia 4-H'er in Colquitt County, Ashleigh embraced every aspect of the 4-H program. She competed in 4-H Project Achievement and even served as a summer camp counselor for multiple years. Her passion for learning and helping others led her to become a Double Dawg, earning both her Bachelor's and Master's degrees from the University of Georgia.

Today, Ashleigh is a Family and Consumer Sciences Agent in Southeast Georgia, where she empowers youth by teaching them stress management techniques like Yoga for Kids, along with nutrition and other valuable programs. Ashleigh's story shows that with determination, you can build a rewarding career that makes a real difference!

**Thank you for taking time to review this publication with your child.
Please help your 4-H leader know that you have learned more about Georgia 4-H.**

Parent/Guardian Signature

Date

Georgia Standards of Excellence, www.georgiastandards.org

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