Stress

1. Get group into a circle and review the purpose and goals of the class meeting.

Say: **Today we are going talk about what causes stress and how we can deal with it.**

 **Objectives:**

-Group members are reminded that growing up today is different from growing up in their parents' or grandparents' generations.

 - Students learn how to express the stresses in their lives and consider them in the context of this decade.

 **Activity**

1. Introduce the lesson by asking, "How many of you have ever been accused of being lazy, spoiled, taking things for granted, or having an easier life compared to your parents of grandparents? Has an adult ever told you your life now is harder than theirs was?

 2. Ask the students to brainstorm ways this decade is different from decades from the past. What makes life easier today or more difficult than in the past?  List the responses on the board or a large sheet of paper, etc.

 3. What do your parents hope for you? Do you think parents want their children to achieve what they did not in life? Why do you think they do or do not?

 4. Either have the students stand at their seat or line the room in a circle and have them [step](http://pwmteachers.pbworks.com/w/page/62136860/22nd%20Lesson%20%287th%20and%208th%20Grade%29) into the group if the statement is true for them or their life...

 Say, "Has your life been affected by recent changes in our society?

 Such as...

\*parent(s) loss of job and [income](http://pwmteachers.pbworks.com/w/page/62136860/22nd%20Lesson%20%287th%20and%208th%20Grade%29)
\*parents have split
\*moved [schools](http://pwmteachers.pbworks.com/w/page/62136860/22nd%20Lesson%20%287th%20and%208th%20Grade%29)
\*lost a family member
\*moved residence
\*cyber embarrassment
\*family violence
\*struggling with a class content
\*involved in extra curriculum activities
\*tension with peers
\*live up to parental high expectations
\*perform more chores at home due to changes outside the home
\*family member recently diagnosed with a [chronic illness](http://pwmteachers.pbworks.com/w/page/62136860/22nd%20Lesson%20%287th%20and%208th%20Grade%29)

 5. How do you think that you compare to your parents’ generation in dealing with stress?

 6. How do you feel you compare with your parents' generation in personal strength?  Wisdom?

 7. How are things socially different today from ten to twenty years ago?

We initially talked about how your generation can be viewed as lazy, spoiled, or weak, but in reality your generation is stronger and more resilient than preceding generations because of all that you must deal with and adapt to today.

8. Talk about ways to relieve stress. Show these techniques with your projector and talk about them with your class.

Note: Check out the [stress book](http://www.ag.ndsu.edu/pubs/yf/famsci/fs559.pdf). This could be a great tool to use in your class.

