How to Manage Stress

PRAY
Give your worries to God

BREATHE
Take time to be still

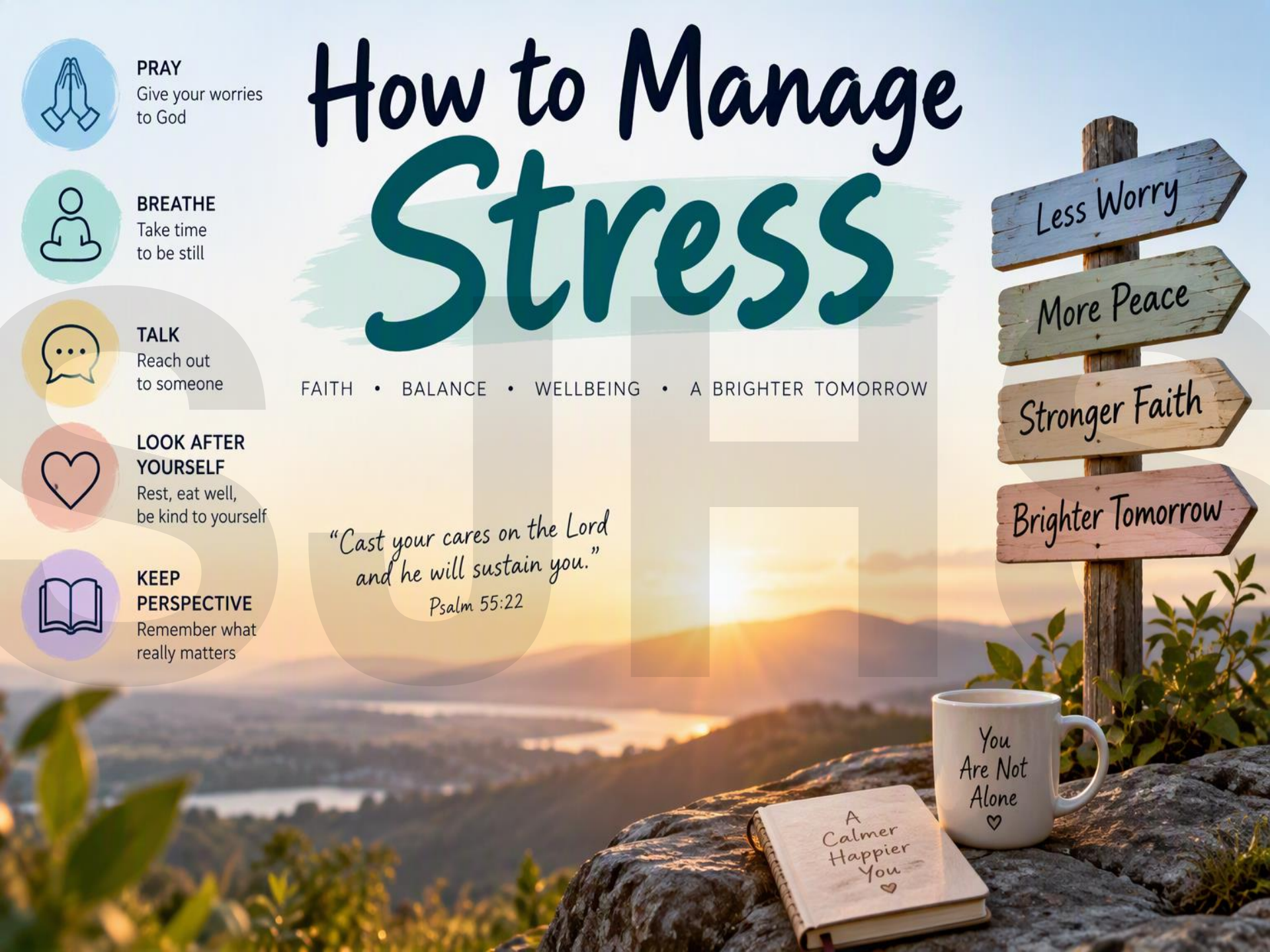
TALK
Reach out to someone

LOOK AFTER YOURSELF
Rest, eat well, be kind to yourself

KEEP PERSPECTIVE
Remember what really matters

FAITH • BALANCE • WELLBEING • A BRIGHTER TOMORROW

"Cast your cares on the Lord and he will sustain you."
Psalm 55:22



Daily Act of Worship: "Do Not Be Anxious“

Today, let us think about something that affects all of us at different times: **stress**. Whether it's homework, exams, friendships, family worries, sports competitions, or simply trying to balance everything in a busy week, life can sometimes feel overwhelming. It's easy to feel pressure building up and wonder how we can cope.

Scripture Reading: Philippians 4:6-7
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God.

Our Christian faith can help us when life feels overwhelming. Stress can make us feel tired, worried, and sometimes alone.

The Bible reminds us that God understands these feelings. In Psalm 55:22, we read:
"Cast your cares on the Lord and he will sustain you."

This verse doesn't tell us that life will be free from challenges. Instead, it encourages us to bring our worries to God rather than carrying them by ourselves.
Jesus Himself knew what it meant to face pressure and difficult situations. Yet He often took time to pray, to be still, and to reconnect with His Father. His example reminds us that when life becomes busy, stopping to pray is not a sign of weakness but a source of strength.

As Christians, we are called to trust that God walks beside us, even when we cannot see the way ahead clearly. Trusting God does not mean ignoring our problems. It means facing them with faith, knowing that God's love, guidance, and support are always available to us.

When we feel stressed, we can:

- Take a moment to be still and breathe.
- Pray and share our worries with God.
- Speak to someone we trust.
- Remember that our worth comes not from our achievements, but from being loved by God.

Today, as we go about our lessons and activities, let us remember that we do not carry our burdens alone. God's promise is that He will be with us through every challenge, offering peace in the midst of pressure and hope in the midst of uncertainty. "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)May we find comfort in those words today.

Let us pray

Loving God,
We thank you for being with us every day, especially in those moments when life feels busy, difficult, or overwhelming.

When we feel stressed or worried, help us to remember that we do not have to face our challenges alone.

Give us calm minds when we feel anxious, strength when we feel under pressure, and wisdom to know when to ask for help.

Help us to support one another with kindness, patience, and understanding. May our school be a place where everyone feels valued, cared for, and encouraged.

As we continue with our day, help us to focus on what is important, to do our best in all that we do, and to trust that with your help we can overcome any challenge.
We ask this in Jesus' name. **Amen.**

SJHS

Whether it's the daily grind at work or school, challenges in friendships, upcoming examinations or unexpected situations that leave you anxious, stress can be a heavy burden.

But remember, God invites us to cast all our worries on Him because He cares for us.

"Cast all your anxiety on him because he cares for you." (1 Peter 5:7, NIV)

This week PSHE gives us the opportunity to explore the impact of stress in our lives and discover ways to manage stress.

Starting Point:

Discuss all of the words and ideas that come to mind that are associated with stress.



TRIGGERS

- A social event e.g. a party, peers
- An upcoming performance e.g. exams, school play, sports days
- Specific phobia, e.g. spiders, dogs
- Social media, the news
- Going away, separation from parent/carer
- New situations
- Sensory overload
- Worries about everything and anything: 'what if...?'



Discuss 4 emotions you experience when you feel under stress and then share with the group.

- What types of emotions have we shared?
- Have we talked about some of the more difficult emotions such as tearful, scared, panicked or frightened?

It is very difficult to find a precise description of stress. The best (easiest to understand) is probably that 'stress is an imbalance between the demands made on a person and the person's ability to cope or adapt to the demands'.

People need a certain level of stress to perform; the problems only arise when people feel unable to cope. The body responds to stress when preparing for action.

Thousands of years ago, if a person were being attacked by a wild animal, his/her stress reaction would help him/her to either run away or defend him/herself by fighting.

This is known as the 'fight or flight' response.

Many modern day situations may cause a fight or flight response, where the body is ready for action, but the action is not needed.

This can cause us long-term and short-term problems.







What do you think are ‘ short-term’ and ‘long-term’ problems?

Short-Term Problems or The Immediate Effects of Stress.

- Muscles tense
- Breathing becomes faster and shallower
- Adrenaline flows
- Feelings of anger or anxiety
- Sweating increases
- Digestion slows down
- Immune responses decrease
- Blood pressure rises
- The liver release sugar, cholesterol and fatty acids into the body

Long Term Effects of Stress

- Poor sleep
- Restlessness
- Anxiety
- Frustration
- Feeing helpless
- Exhaustion
- Inappropriate aggression
- Irritability
- Over or under eating
- Loss of self-esteem
- Lack of concentration
- Depression





1. What do you do to cope with stress?
2. What actions do you take and what attitude do you adopt to reduce your stress or worry?
3. What have you seen others do to cope with stress or react to stress?

The A B C of Stress Management

A	Awareness	Being aware of how you experience stress and what causes your stress.
B	Balance	Discover how much stress you need to perform effectively without feeling overloaded.
C	Control	Increase your awareness and identify your level of balance to help you feel more in control.

ACTIONS TO TAKE & ATTITUDES TO ADOPT

Actions:

- Talk about it with someone you trust
- Write about it, it often helps to put things in perspective e.g. keep a diary
- Do something physical like exercise or dancing
- Make time to do something you enjoy such as a hobby, listening to music or doing something creative
- Set priorities through time planning, gal setting or making 'to do' lists
- Learn to relax

Attitudes:

- Laugh
- Distance it – imagine a few weeks from now how unimportant it will be
- Think positively, negative thoughts can pull you down
- Imagine yourself being successful – it can help you to develop a positive way of thinking
- Focus on something you enjoy, to help you think about the present rather than feeling worried about the future

What are unhelpful ways to manage stress?

Some unhelpful ways are:

- Using drugs
- Smoking
- Drinking too much alcohol
- Being aggressive
- Being angry

Reflection

Identify one action you will take and one attitude you will adopt to help you manage stress.

Share this with the group.



SJHS

SMILE 

What can you do to support someone with anxiety?

- Encouragement and praise for managing difficult situations.
- Use rewards for achievement
- Provide reflections to develop insight e.g. I wonder if you are feeling worried about the party next week?
- Model facing fears or that a situation can be mastered- we know children learn from how others around them respond to situations
- Be on the lookout for 'have a go' behaviour
- Normalise anxiety for them
- Allow independence and encourage problem solving