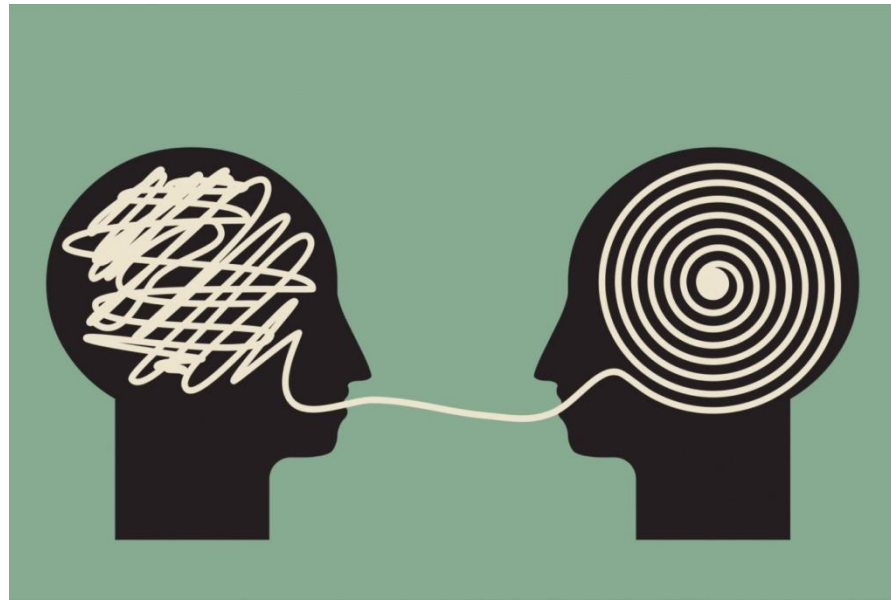


# S3 PSE Task 1

Managing Stress

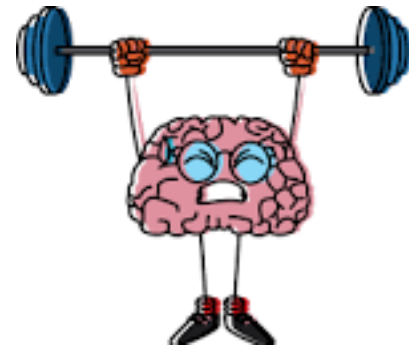
# Stress

Recently, we have discussed the negative impact that stress can have on our lives, both short term, and long term.



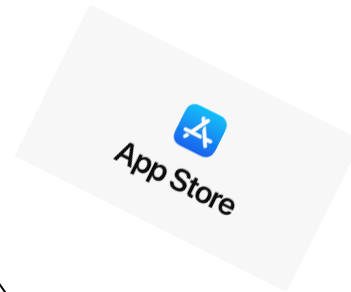
# Stress

We have learned about different situations that can trigger stress and how to prevent them from happening again in the future.



# Coping Mechanisms

We have also discussed ways we can cope with our stress and different places you can go to for help and support.



**Teachers**

**Friends**



# Task

Write a letter to someone who is struggling to manage stress and pressure.

In this letter you should include:

- \* Information about how stress can impact you physically, emotionally and on your behaviour
  - \* Tips about how to manage stress
  - \* Suggestions about who to speak to for support, or signposts to supports
- \* You can complete this on your ipad or on paper and send this to your Pastoral Care Teacher*