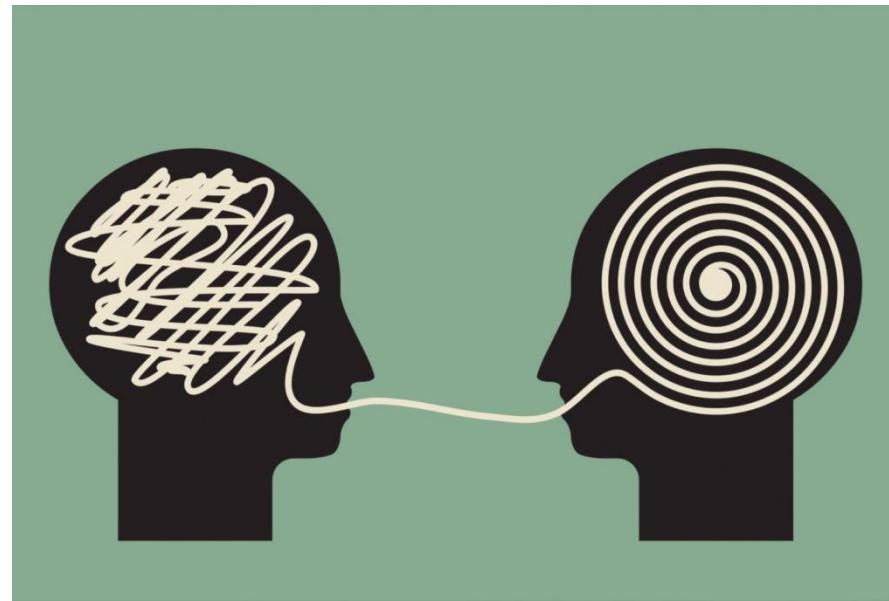


S3 PSE Task 1

Managing Stress

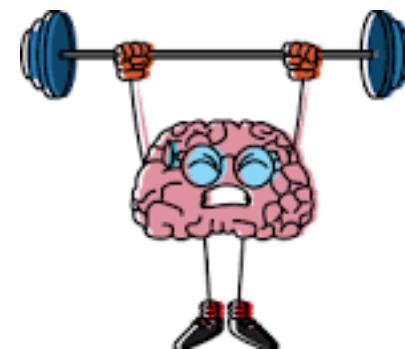
Stress

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



App Store

Relax



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