

ADULT 101: PERSONAL WELL-BEING

STRESS MANAGEMENT: LEARN TO EASE THE SQUEEZE



OVERVIEW: According to the American Psychological Association in 2014, teens were more stressed out than adults. For many, that stress leads to physical and emotional issues that teens find difficult to manage. This PIAB identifies many of the stressors teens are challenged by and healthy strategies to cope with the stress.

OPTIONAL PROGRAM TITLES AND PROGRAM DESCRIPTIONS

Stressed Out and Ready to Shout?

Do you feel overwhelmed by life's challenges? Come by the library and learn to identify causes of stress and effective, healthy ways to reduce it.

Ease the Squeeze – Stress Management

Tired of being stressed out? Take a break and join us as we learn healthy ways to effectively reduce stress.

Stress Relief Offered Here

Stress management is a vital part of maintaining a balanced lifestyle and overall well-being. Come by the library and learn to identify causes of stress and effective, healthy ways to reduce it.



This program will help teens to prepare for adulthood by learning healthy ways to handle stress on a daily basis. Learning healthy coping mechanisms for stress early in life may help to reduce stress-related medical issues in later years, and positively manage stressful situations in their personal and professional lives.

PREP TIME: 10 minutes

PROGRAM TIME: Approximately 1 hour 15 minutes

CLEAN-UP TIME: 10 minutes

STAFF REQUIRED: 1 librarian for small groups of 10 or less – add 1 Aide or Page for groups larger than 10

MATERIALS IN THE PIAB

- PIAB Instructions
- Balloons
- Kinetic Sand
- Funnel
- Spoons
- Scissors
- Straws
- Permanent Markers

- Yarn

ADDITIONAL SUPPLIES (NOT PROVIDED IN PIAB):

- Laptop (if available – laptops may be requested from Teen Services or your Regional Office)
- Projector (may be requested from Teen Services or your Regional Office)

PROGRAM INSTRUCTIONS

1. Start the program by giving teens the Adult 101 Pre-program Survey.
2. *Explain to the teens that the purpose of this program is to identify what causes us stress and ways to cope with stress in a healthy manner. Some ways to manage or reduce stress are listed below (share with teens):*
 - Exercise
 - Eat healthy
 - Get enough sleep
 - Relax and have fun
 - Manage time better
 - Connect with others
 - Breathe
3. **Icebreaker (approximately 5 minutes)**
Ask teens what causes them stress and how do they try to manage it.
4. **PowerPoint Presentation (10 – 15 minutes)**
This PowerPoint presentation is optional, but really useful! Use this for a formal presentation or keep it informal and use PowerPoint lecture notes as talking points without the slides. The PowerPoint and lecture notes located on the Flash drive in the Adult 101 Library Binder.
5. **Be sure to share the suggested titles** with the teens and make connections between the reading material and preparation for adulthood. Example, today we will share a few techniques for managing stress. The books will share a variety of methods to cope with stress that may be helpful to you throughout your lifetime and in more depth.
6. **Activity Preparation**
Read over activity instructions below. You may want to make a stress ball on your own to get a feel for the project.
7. **Activity #1 (approximately 10 minutes)**
Deep breathing is a wonderful and quick way to calm yourself when feeling anxious or stressed. It can be done anywhere, at any time. The crucial part of deep breathing is to breath from your belly. Breathing from you belly helps you inhale more oxygen which is important to help you relax.

Regular Deep Breathing:

- While sitting in a comfortable chair, put one hand on your chest and the other on your stomach.
- Take a deep breath in through your nose. While the hand on your stomach moves, the one on your chest should move very little.
- Then exhale through your mouth, pushing out as much air as you can.
- Continue to do this, counting slowly as you exhale.

If you feel uncomfortable deep breathing while sitting up, try it lying down. You can even put a book or a light object on your stomach and count as it goes up and down.

Alternate Nostril Breathing

Start in a comfortable sitting position. Hold your right thumb over your right nostril and inhale deeply through the left. When done breathing in, cover your left nostril and exhale through the right. Keep repeating this pattern until feeling relaxed.

8. Activity #2 (approximately 45 minutes)

Stress Balls

A stress ball is an item that can help you relax when you find yourself in a tense situation. It can be a tennis ball, a soft toy, or anything that you can squeeze your anxiety away. For this activity, we are going to make stress balls out of balloons.



Materials:

- Balloons
- Kinetic Sand
- Funnel
- Spoon
- Scissor
- Straw
- Permanent Markers
(should be permanent so that the faces do not smear off)
- Different color yarn for hair

Instructions:

- A. Stretch out your balloon. (Simply blow it up for some extra stretch.)
- B. Stick a funnel into the neck of the balloon.
- C. Slowly fill the balloon with sand using the spoon. If the funnel clogs, use the straw to clear the opening.
- D. Remove the funnel from the balloon and let out as much air as you can.
- E. Tie the neck of the balloon tightly and close to the body of the balloon. Snip off the end.
- F. Grab a second balloon. Snip off the end, but leave enough to tie.
- G. Insert the first balloon into second balloon.
- H. Tie the end, and voila! You've made a squishy stress ball.

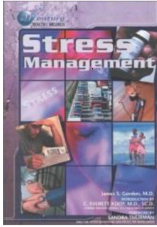
- I. Place the end of the yarn on your fingers. Use three fingers.
- J. Wrap yarn around your fingers. The more you wrap the fuller the hair will be.
- K. Try not to wrap it too tight or you'll cut off the circulation in your fingers.
- L. Cut the yarn and then cut a piece that is long enough to tie around the yarn and have some excess. Insert the end of the yarn between your fingers.
- M. Pull it through the other side. You now have the piece of yarn on one side of the hair.
- N. Wrap the yarn around through the tips of the fingers and tie the beginning of a knot. Pull this tight.
- O. Carefully slide the yarn off of your fingers.
- P. Pull the yarn tight and finish off the knot, making sure it is secure.
- Q. Slide your scissors into the loops and cut. Do this all the way around the hair. As you are doing this, be sure to keep your long pieces out of the way.
- R. Tie the hair around your stress ball.
- S. Now draw your stress ball's face...and you're done!



9. Pass out post-program survey to teens.

SUGGESTED TITLES FOR STRESS MANAGEMENT

Nonfiction

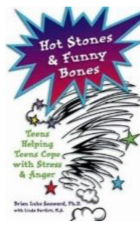


YA 155.9042 GORDON

Stress Management by James S. Gordon

ISBN: 0791059871

Provides a wealth of knowledge about the human body, its systems and conditions. Important information for young people. Written in accessible, easily understood language.

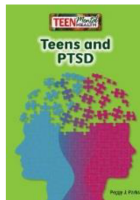


YA 158.1 SEAWARD

Hot Stones & Funny Bones: Teens Helping Teens Cope with Stress & Anger

ISBN: 0757300367

More than 75 teens from across the country were interviewed on a range of topics and issues: parents, friends, clothes, school violence and peer pressure. This book is a unique combination of teen contributions and effective stress- and anger- management techniques.

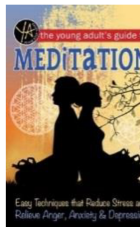


YA 616.8521008 PARKS

Teens and PTSD by Peggy Parks

ISBN: 9781682821305

PTSD is a serious mental illness that can develop after someone endures a traumatic experience. Teens and PTSD examines the nature of the disorder, what causes it and how or whether it can be treated or cured.

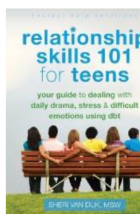


YA 158.12 YOUNG

The Young Adult's Guide to Meditation: Easy Techniques that Reduce Stress and Relieve Anger, Anxiety & Depression by Matthew Locricchio

ISBN: 9781601389879

Learn what meditation is, why you get stressed out and how meditation can truly help calm you nerves. Learn how meditation is different from relaxation, concentration, and self-hypnosis.

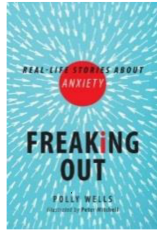


YA 155.5192 VANDIJK

Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress & Difficult Emotions Using DBT by Sheri Van Dijk

ISBN: 9781626250529

This book offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers.



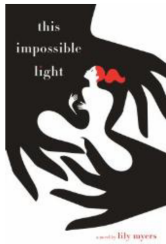
YA 158-10835 FREAKING

Freaking Out; Real-Life Stories About Anxiety by Polly Wells

ISBN: 9781554515455

Anxiety affects millions of young North Americans today. When anxiety has you in its grip, it can seem impossible to rationalize your way out of it. *Freaking Out* chronicles the many guises of excessive anxiety in teens' lives and the havoc it can wreak.

Fiction



YA Myers

This Impossible Light by Lily Myers

ISBN: 9780399173721

This Impossible Light explores the powerful reality that identity and self-worth must be taught before they are learned. Perfect for fans of Laurie Halse Anderson and Ellen Hopkins.

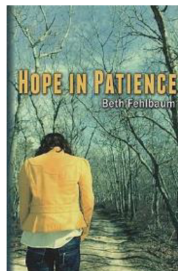


YA FRIEDMAN

A Twist of Fate by Laurie B. Friedman

ISBN: 9781467785907

April is stunned when her grandma announces she has cancer. And rather than undergo difficult treatment, Gaga wants to cross an item off her bucket list: going skiing in the mountains.



YA FEHLBAUM

Hope in Patience by Beth Fehlbau

ISBN: 9781934813416

Fifteen-year-old Ashley Asher has spent half of her life living in fear. Her stepfather sexually abused her for years, but her mother didn't believe her. After Child Protective Services finally removes Ashley from their home, she goes to live with the father she barely remembers.



YA COLEBANK

Cashing in by Susan Colebank

ISBN: 9780525421511

Reggie's mom wins big in the lottery. Suddenly the money and the popularity comes pouring in. But when Reggie finds out that her mother has been borrowing more money than she actually won, she must face up to the fact that happiness can't be bought. It only comes with hard work.

Online Resource

- Help Guide <https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>
- Psychology Today <https://www.psychologytoday.com/blog/how-parent-teen/201512/teenage-stress>

REFERENCE

The National Institute of Diabetes and Digestive and Kidney Diseases. (n.d.). Taking Charge of Your Health: A Guide for Teenagers. Retrieved June 28, 2018 from <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>.

Russo, F. (2013). How to Talk to Your Kids About Their Eating Habits: Very Carefully. *Time*. Retrieved July 2, 2018 from <http://healthland.time.com/2013/06/25/how-to-talk-to-your-kids-about-their-eating-habits-very-carefully/>.

United States Department of Agriculture. (2018, January 31). ChooseMyPlate.gov. Retrieved June 28, 2018 from <https://www.choosemyplate.gov/>.