



Mapping stress

When you are under stress, how does that feel?

Let's think about your most common stress symptoms.

Discuss these questions with a partner:

- **Have you ever noticed where you feel stress in your body?**
If so, where do you feel it? Describe the feeling.
- **Have you ever noticed that your thoughts change when you're under stress?** If so, can you think of some of the thoughts you've had? What kinds of things do you say to yourself?
- **What about your emotions?** Have you noticed what kind of emotions you feel when you are stressed?
- **How does stress affect your behaviour?** Have you noticed any ways that your behaviour might change when you are stressed?



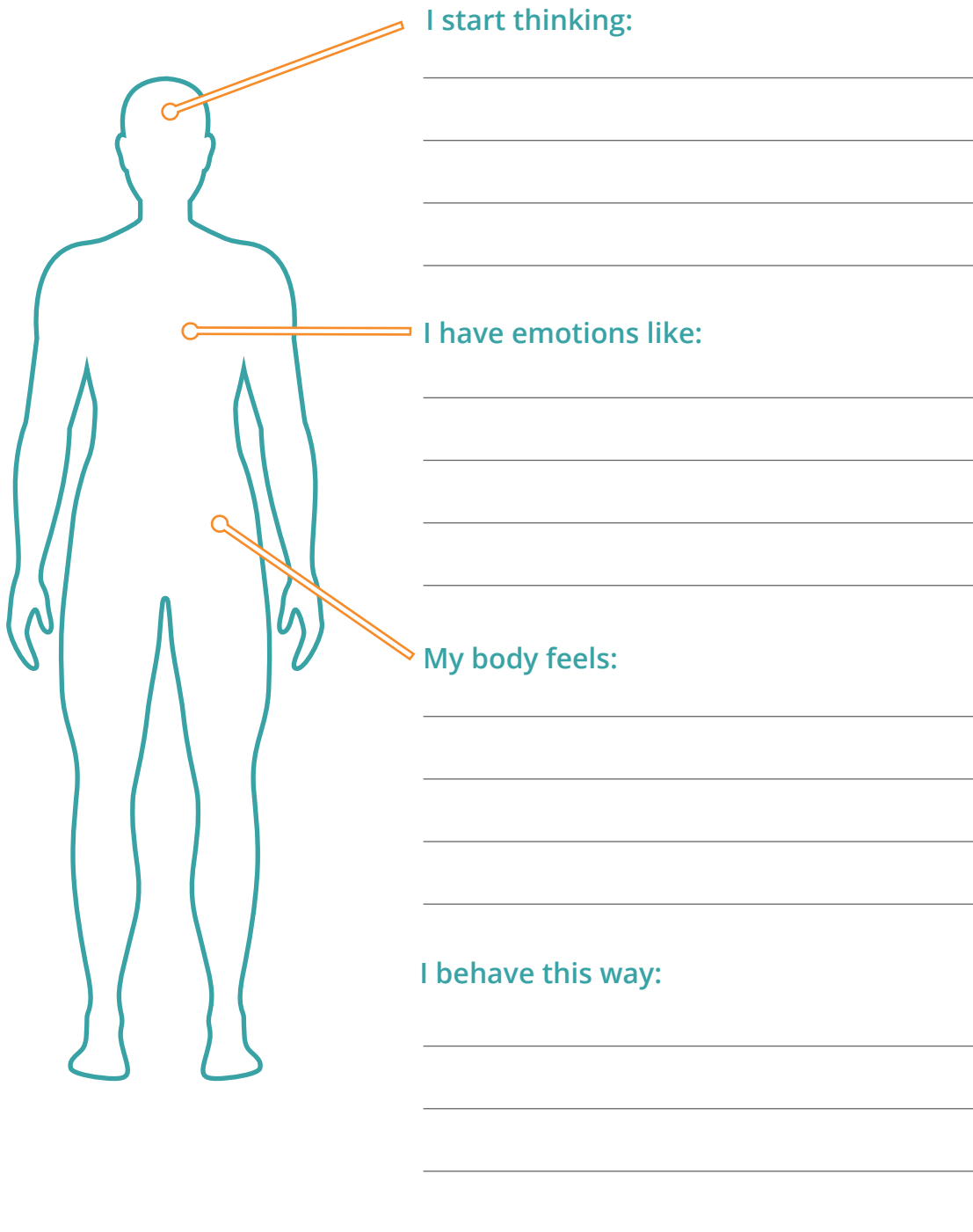
The biology of stress

Stress begins in the body. When we sense a threat, our bodies release hormones that get us ready for action. This stress response puts our bodies on "high alert" and can save our lives in an emergency.

But when severe stress continues for a long time without a break, high levels of stress hormones can be harmful. They can cause problems like stomach upset, high blood pressure, headaches, anxiety, chest pains, and memory problems.

On the figure below, write in the symptoms you have noticed in your body, in your thoughts, in your feelings, and in your behaviour.

When I'm stressed ...



I start thinking:

I have emotions like:

My body feels:

I behave this way:



Meet Nayan



Nayan works at a car rental business. His good friend Livia work there too. One morning Nayan saw Livia take cash out of the cash register and put it in her purse. Nayan believes honesty is very important. He doesn't want to get in trouble or be fired. He doesn't want Livia to get fired either. Maybe Livia was supposed to take cash from the register? Maybe he saw it all wrong?

Use the steps below to help Nayan think through the problem.

Step 1: Define the decision

The decision Nayan needs to make is:

Step 2: Compare the options

List three options Nayan could choose. Think about the consequences of each option.

Option	What Nayan can do	Consequences of doing this
Option 1		
Option 2		
Option 3		

Step 3: Make the decision

What decision do you think Nayan should make? Why is that the right choice?



Pros and cons

A pros and cons list can help you compare the good and bad consequences of a decision. It can help you think critically about your options.

Think of a decision you had to make recently where there was more than one option for you to choose from.

The decision I had to make was:

The options I had were:

1.

2.

3.

Make a pros and cons list for each option. Remember that:

- Benefits and good consequences go in the Pros column
- Risks and bad consequences go in the Cons column

Option 1:

Pros	Cons
•	•
•	•
•	•
•	•
•	•

Option 2: _____

Pros	Cons
•	•
•	•
•	•
•	•
•	•

Option 3: _____

Pros	Cons
•	•
•	•
•	•
•	•
•	•

The final decision I made was:
