



STRESS

Before the Meeting: Preparation

Create a beach ball with these questions on it (questions can be duplicated):

1. What is one word that describes stress to you?
2. What is one word that describes joy (not being stressed) to you?
3. What emotion do you feel when stressed?
4. What emotion do you feel when you are not stressed?

Step 1: Introductions and Icebreakers

Say:

As you know, we (teenagers) feel stress in many areas of our lives. We can feel stress at home, playing sports, going to lunch, walking through the hallways at school, etc. Let's start our discussion by describing what stress means to all of us.

Pass It On Activity:

In this ice breaker you pass a ball between each other. The ball has questions written on it. Toss the ball to someone in the group. When someone catches the ball, they tell the group their name, then read out the question under their thumb and share their answer with the group. *Optional: If the members of the group do not know each other, create another beach ball with funny questions. Use this ball first. Then throw in the ball with the questions about stress on it.*

Close the Activity by Saying:

We all know stress and feel stress in many ways. All the descriptions of stress and how we feel stress are accurate – none of them are wrong. Today we are going to talk about stress and the causes of it in our life. We are also going to talk about joy, and what causes joy in our life. At the end of this meeting, I want each of us to walk away with one thing we can do to move toward more joy and less stress in our life.

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- On a scale of 1-10, how stressed were you today? *10 being very stressed and 1 being not stressed.*
- When you think about being stressed, how many hours of the day do you feel stressed?
- What causes you the most stress and why?
- What causes you the most joy and why?
- What environments or settings cause you stress and why?
- What environments or settings causes you the most joy and why?
- When you think about stress in your life, what is the common theme?
- When you think about joy in your life, what is the common theme?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about stress?
- What is one thing you can do tomorrow to move from a stressful life to a more joyful life?