

DEALING WITH STRESS SESSION

4 CORNERS ACTIVITY

WHAT IS MOST LIKELY TO CAUSE YOU STRESS?

MOTHER	FATHER	BROTHER	SISTER
HEALTH/WEIGHT	WORK	FAMILY	FRIENDS
LOVE LIFE	MONEY	SPORTS	SCHOOL- GRADES/TESTS
FITTING IN	HOME	RELATIONSHIPS	WORK

DOG	CAT	SQUIRREL	HYENA
PROZAC	ADVIL	ROLAIDS	STRAIGHT JACKET
EMPTY	HALF	ALMOST FULL	OVERFLOWING
WINTER	FALL	SPRING	SUMMER

WHICH SUPERHERO IS SIMILAR TO YOUR STRESS HANDLING APPROACH?

BATMAN	HULK	SPIDER MAN	IRON MAN
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HOW ARE YOU MOST LIKELY TO DEAL WITH STRESS?

EXERCISE	BLAST MUSIC	IGNORE IT	SMOKE CRACK
EAT	WORRY	VIDEO GAMES	CAFFEINE- COFFEE, RED BULL ETC.
VISIT A FRIEND	SMOKE	TAKE QUIET TIME	GO ON FACEBOOK/MYSPACE
MEDITATE	DRINK	BLOW UP @ PEOPLE	MAKE A PLAN

Film Clips

LUPO THE BUTCHER
BRUCE ALMIGHTY
AFRICAN REFUGEES

SMALL GROUP DISCUSSION

SQUEEZE MARTIAN SHARE "YOUR STRESS" RIGHT NOW
WHAT WAS THE MOST STRESSFUL TIME IN YOUR LIFE?
HOW DID (DO) YOU DEAL WITH IT?- WHAT HELPED YOU?

QUOTE: LILIES OF THE FIELD

"do not worry about your livelihood, what you are to eat or drink or use for clothing
Matthew 6:25

DEALING WITH STRESS

Stress session Leaders notes

Session outline

- 1-welcome- large group- cartoon activity
- 2-4 corners activity
- 3-small groups- personal stress
- 4- stress options- video clips & discussion
- 5-closing prayer for those under stress

6-hand outs- healthy ways to deal with stress, announcements & refreshments

Leader roles

1-holding up option cards in 4 corners activity

2-facilitating small group discussions

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