

# Lesson 5

## Managing stress at school and in the workplace

**S4L:** Skills4Life  
Social Emotional Skills  
for Career Studies

Secondary



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

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[www.smho-smso.ca](http://www.smho-smso.ca)

# We are learning

- To increase understanding of how well-being strategies can support future goals.
- Improve understanding of when to seek support.



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# Warm up

You have two minutes!

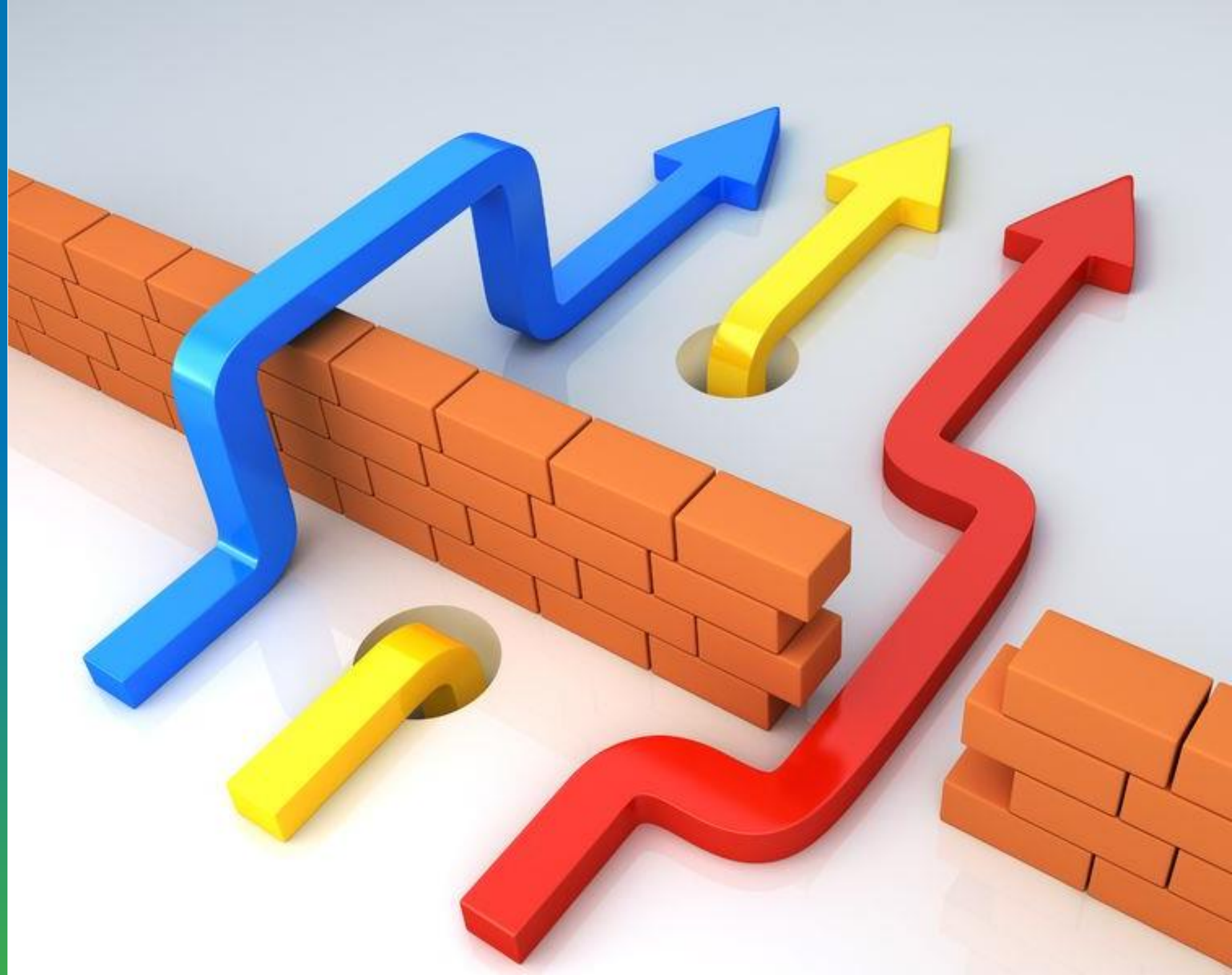
Name as many stress management strategies as you can.



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# Debrief



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# How can we manage stress?



# How can we manage stress?

Step 1: Anticipate and get ready for stress

Step 2: Manage stress early when it appears

Step 3: Seek support when you need it



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# Notebook personal stress management plan

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Add your ideas and thoughts to develop a  
list of personal strategies.



# Get ready!

What helps you be at your best in different contexts (e.g., at school or at work) so you are better able to manage challenges?



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# A few ideas

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- Challenge your thinking
- Build healthy habits
- Know your supports

# Manage stress

How can you tell you are starting to get stressed so you can begin using strategies early?

What helps you manage stress when it appears?

How have you managed stress in the past?



# A few ideas

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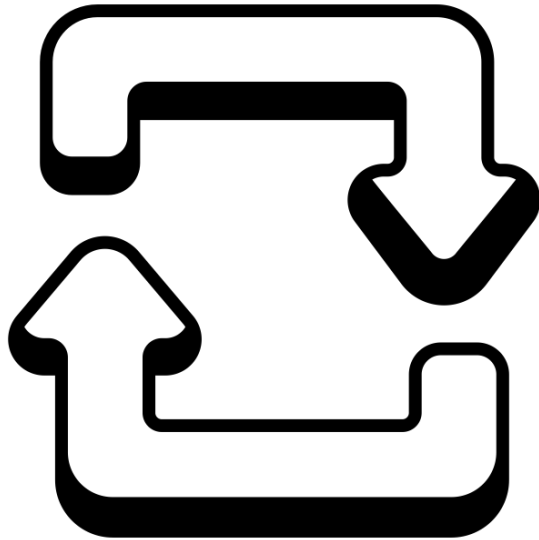


- Identify and rely on your strengths
- Stay connected to others
- Be kind to yourself

# Quick strategy

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## Square breathing



Imagine you are tracing the outside of a square, then:

**Inhale** for a count of 4 (1-2-3-4)

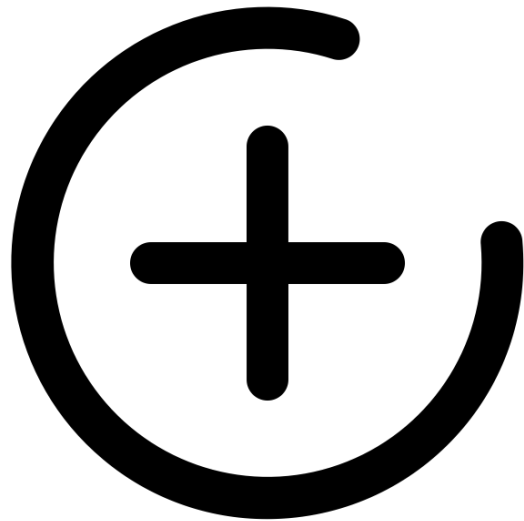
**Pause** for a count of 4 (1-2-3-4)

**Exhale** for a count of 4 (1-2-3-4)

**Pause** for a count of 4 (1-2-3-4)

# Quick strategy

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## Secret calming

Find a word, saying or phrase that you can use when you need it:

“All I can do is my best!”

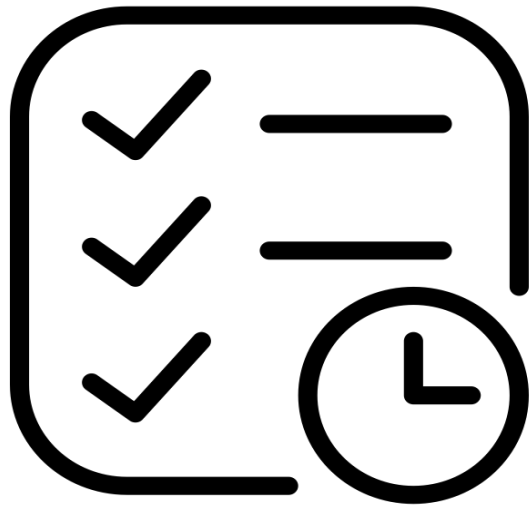
“I can do this”

“I believe in myself”

“Breathe”

# Quick strategy

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## Time management

Split up difficult tasks into manageable steps. That will help reduce stress.



# Seek support

How would you know what you are feeling was more than the usual stress?

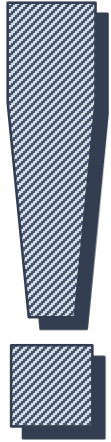
How would you know it was time to reach out for support?

How could you normalize reaching out for support?



# Transferable knowledge!

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You can use the same strategies when seeking feedback to reach out for help.



If you are feeling unwell (e.g., overwhelmed, anxious, sad), you can talk to a teacher or another trusted adult.

There are people who work in the school, and in the community, who are there to help you find ways to feel better.



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### **Black Youth Helpline**

Call: 416-285-9944 or toll-free 1-833-294-8650

### **One Stop Talk**

Call: 1-855-416-8255  
Chat: <https://onestoptalk.ca>

### **First Nations and Inuit Hope for Wellness Help Line**

Call: 1-855-242-3310

### **Kids Help Phone**

Call: 1-800-668-6868

Text: CONNECT to 686868

Text: RISE to 686868 (specific support to Black youth)

### **LGBT YouthLine**

Call: 1-800-268-9688  
Text: 647-694-4275

### **Talk Suicide Canada**

Call: 1-833-456-4566  
Text: 45645

### **Trans Lifeline**

Call: 877-330-6366

# Notebook circle back

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Revisit your encouraging message from lesson 1.

Do you want to add or edit anything in light of everything you've learned in this S4L unit?



# Wrap up

In the changing world of work, as responsibilities for workers' health and safety shift, what can you do to look after your own physical, mental, and emotional health in the workplace?

