

EA Project Work Day – Managing Stress: Seniors

Nov. 14, 2017

	Lessons	Standards
Last Week Nov 6-10	EA Project Presentation Lesson (Tues)	CRLE
This Week Nov 13-17	EA Work Day – Managing Stress (Tues) Re-Center – Why AG? (Wed)	CRLE
Next Week Nov 20-24	Parent-Teacher Conferences – No School	

Materials: SHS Website as needed

Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. Read the Thought of the Day: **Managing Stress**

Stress is no joke. I know you have heard it before, but there are some key things you can do to help manage stress in your life. One, are you getting enough sleep and not relying on super caffeinated beverages to make it through the day? Two, are you eating healthy? Your body needs nutrients to function properly and at its optimal level. Three, are you exercising? Just go for a walk 3 to 5 days a week. Take a walk with a friend, talk out your problems, and get some exercise. Four, share your problems with your friends and come up with solutions together. Fifth, work on your attitude towards life. You can't control everything, but you can control how you respond to life and your attitude. If you find that you are complaining a lot, maybe you need to re-evaluate your intentions and coping skills. Don't expect life to be easy, but take control of what you can to improve your own well-being. Stop blaming and start reflecting. Do you take care of yourself? Do you get enough sleep? Do you eat a healthy diet? Do you exercise? Do you have a close friend or family member who you can talk to? You can work on any of these items. When you start taking care of yourself, you may just find that your stress reduces and life seems a little less overwhelming.

5. Give students time to work on their EA project.
6. Send a list of any students who may need additional help or are experiencing significant roadblocks with their project to me (Heather Bashor).
7. End advisory according to personal preference.