

Section 8. Nicotine and your mental health

Activity



Materials:

- Pen and paper (optional)

Students explore the concept of stress, what their own stress patterns look like, and reflect on how stress affects everyone differently.

What is stress?

Ask the students:

- To start by thinking about the word stress. What does it mean?
- What do you think a stressed person looks like? How do stressed people move and act?
- Close your eyes and get into the character of a 'stressed person' at school. Now sitting in or standing next to your desk, act out how this person would behave (**let students act out a "stressed person" for 1 minute**).
- Now stop. Close your eyes and become yourself again. Take 5 slow, deep breaths.

Ask students to write down their ideas or discuss them:

- Let's think about the activity.
- Why did you choose these movements? What feelings and thoughts did you want to show?
- How does stress change someone's body and actions?
- Is this how you show your stress?

After the reflection, share:

- Stress can mean lots of things to different people and affects everyone differently.
- Things like change, pressure and challenges can cause us to feel "stressed".
- Some people might show stress in their body, some might just feel it inside.
- Understanding how stress affects you can help you to manage your stress better.