



# Stress Management- Yoga


Self-Management & Self-Care,  
Module 2




# AGENDA




1. Brainstorm different healthy ways we currently use to relax.



2. Discuss what stress is and positive and negative examples.



3. Learn and practice some yoga moves.



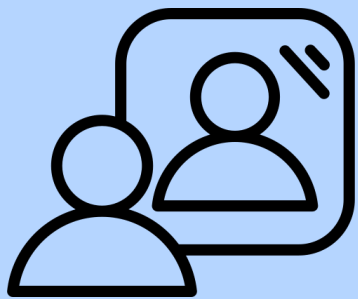
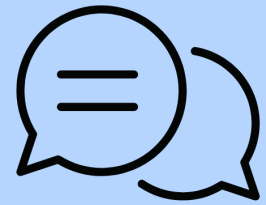
4. Reflect: Did you find the practice of yoga relaxing and soothing? Do you think this is a strategy you might use again in the future?



# BRAINSTORM



What healthy ways do you use to relax when you're stressed out?



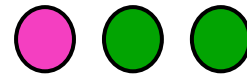
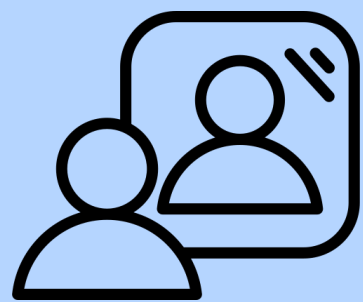
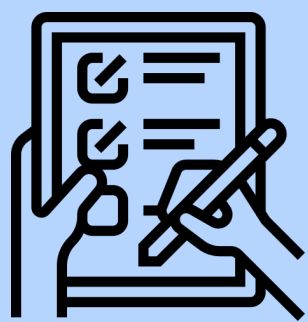
# DISCUSS



**Stress** is the feeling you might experience when you are worried, frustrated, or overwhelmed. Sometimes stress can be a positive thing - such as making the game-winning point or being part of a drama performance. Sometimes stress can be negative, but manageable, like wanting to go out on a Saturday night with friends but having to work, or preparing to take a college entrance exam.

What are some examples of stress that you might be dealing with lately?





# DIVE IN



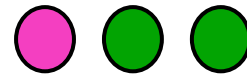
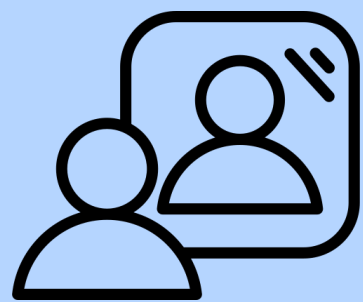
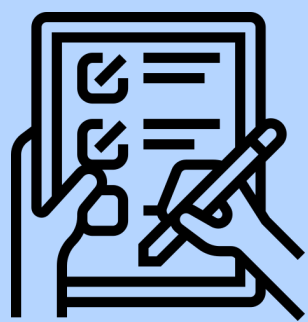
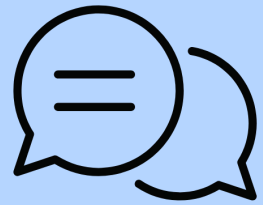
## What is Yoga?

- Yoga is the practice of using breath control, meditation, and specific body postures for health and relaxation.

## What is the History of Yoga?

- Yoga has been around for thousands of years and has documented positive effects on mental health, including decreasing stress, depression, and anxiety, and increasing self-regulation, creating a sense of well-being, and improving mood.





# DIVE IN



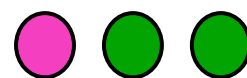
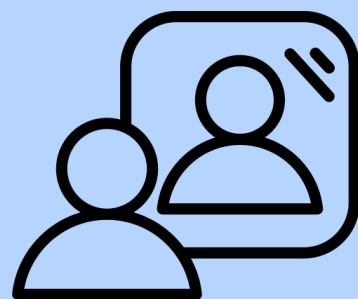
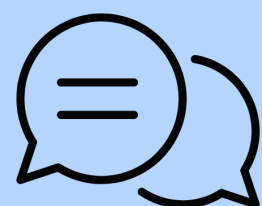
How can Yoga be used as a stress management tool?

- Some researchers suggest that yoga can be linked to increases in health-promoting behaviours, such as healthy eating and physical activity.

Do you need to be athletic or flexible to do Yoga?

- Yoga can be a low-impact activity that does not require equipment, physical fitness, or flexibility. In fact, yoga encourages practice that is individualized to meet each person where they are at.





# ACTIVITY



Practice the yoga movements together as a class, and if there is time, try one of the following videos:

[Yoga for Teens with Adriene](#)

(20 minutes)

[Yoga for Beginners by Yoga Ed.](#)

(15 minutes)

[Yoga for Teens: Meditation to be Your True Self](#)

(7 minutes)



Yoga for Stress Management

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Yoga poses



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## Cross Legged Pose



Sit in a comfortable cross legged position.  
Rest your hands in your lap or atop your thighs  
and turn your palms up to face the sky.





## 4 Limb Staff Pose



Begin in Plank Pose, exhale, bending elbows until body is a few inches off the floor and arms are bent at a 90° angle. Hold pose for a few seconds and then lower to floor.



## Upward Facing Dog



Lie face down, keeping shoulder-width apart, toes pointed straight back, palms flat on floor on either side of shoulders. Inhale, pushing down into hands and raising head and body until arms are straight, arching head and body backwards, knees hovering off the floor. Weight is on hands and tops of feet.





## Downward Facing Dog



Beginning in plank position, push hips up and backward, straighten arms, if possible legs are straight, heels are on the floor. (A modification can be bent knees, heels off floor) Gaze towards belly button, breathe through nose for 3 deep breaths.





## Crescent Warrior Pose



From standing pose inhale and step forward with right foot and bend right knee to 90° angle. Weight is on the ball of the left foot and heel rises. Left leg is strong and straight. Ensure that hips are aligned and facing forward. Arms rise, palms facing towards each other, gaze is toward thumbs. Repeat on left side.



## Warrior II Pose



From Mountain Pose, step back with left foot flat on the floor angled to 90°, weight pressing evenly between both feet and weight on back foot on outer edge. The right knee is also at a 90° bend. Arms are parallel to the floor, right arm reaching forward, left arm reaching backward, palms facing downward, belly button pulled toward the spine, gaze is towards the right thumb. Repeat on left side.

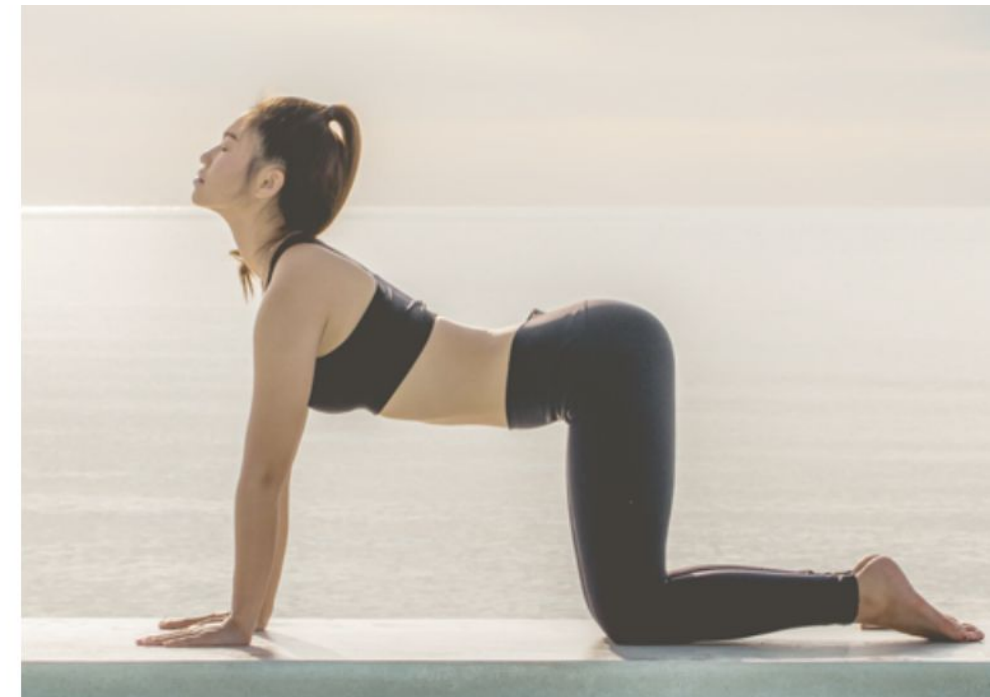




## Cat Pose, Cow Pose



Begin on all fours, with hands aligned with shoulders and knees aligned with hips, spine in a neutral position. Cat pose: Exhale, arching back upward, dropping head between shoulders and touching the tailbone. Cow Pose: Inhale drop your belly, arch your head and tailbone upward.



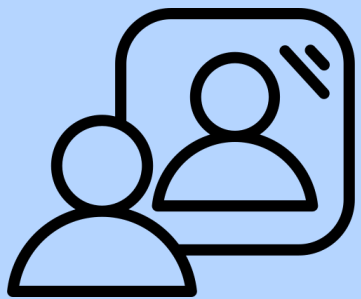
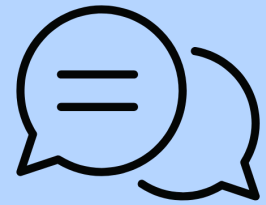


## Tree Pose



Begin in mountain pose, transfer all weight to the right foot, left foot rests on either side of the right calf or if possible, on the side of the right thigh in a triangle shape. The foot NEVER rests on the side of the knee. Inhale, arms rise overhead in either a v shape or palms can touch. Gaze is about 6-8 ft forward on the floor. Hold for a few moments, release and repeat on the left.





# REFLECT



Did you find the practice of yoga relaxing and soothing?  
Do you think this is a strategy you might use again in the future?  
Share class results from the Independent reflection.



# Extend & Enrich

Everyone has different ways of relaxing when they're stressed. Challenge your students to find their favorite healthy ways to de-stress and share them with the class. Possible examples include: Decorating mandalas, creating zentangles, practicing mindfulness, meditation, and exercising.





# Home Connection



## Home Connection

### Stress Management

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about managing stress in healthy ways. We discussed various strategies to cope with stress and emphasized that different methods work for different people. Today, we focused on using yoga as a tool for relaxation and stress management.

Yoga, which combines breath control, meditation, and specific body postures, has been practiced for thousands of years and has proven benefits for mental health. It helps decrease stress, depression, and anxiety and promotes self-regulation and a sense of well-being. Additionally, yoga can encourage healthy behaviors like proper nutrition and regular physical activity. It is a low-impact activity suitable for most people and can be practiced almost anywhere without needing special equipment or prior experience.

Please discuss this question with your student: What are some healthy strategies you can use to manage stress? This will help reinforce the lesson and encourage them to think about effective ways to handle stress.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes to consider : Take 5 minutes and reflect on your favorite healthy ways to de-stress. What works best for you? Are there any unhealthy strategies that you'd like to replace?







# Further Study

- Learn how to make a zentangle:  
<https://zentangle.com/pages/learn>
- Mandalas in the Classroom:  
<https://nelrc.org/managingstress/mandalas.html>
- Free Headspace access for teachers to build mindfulness practices:  
<https://www.headspace.com/educators>







**Lesson Complete!**

