



# Meditation for Stress Management


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 meditation techniques.



4. Reflect: Did you find the practice of meditation relaxing and soothing or did you find it difficult? Do you think if you continued to practice meditation, that it might become easier? Why do you think there might be benefits to meditation? Do you think this is a strategy you might use again in the future?

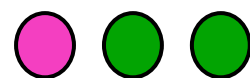
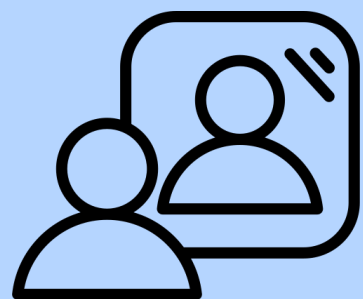
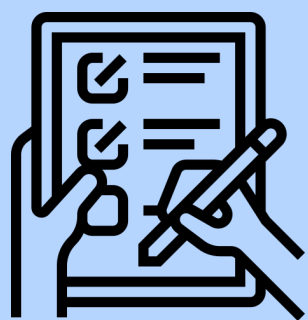


# BRAINSTORM



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





# DISCUSS

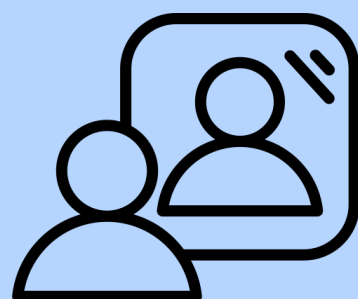


## Stress

Can be a normal human reaction when we feel worried, frustrated, nervous or overwhelmed.







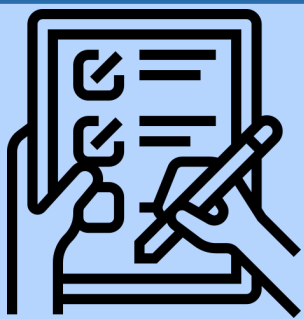
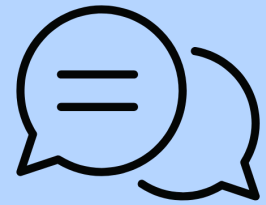
# DIVE IN



## Meditation

A mental exercise to help you reach a heightened level of awareness. Usually when people meditate, they focus their mind on one particular thing or think deeply for a period of time in silence as a way to relax and focus..





# ACTIVITY



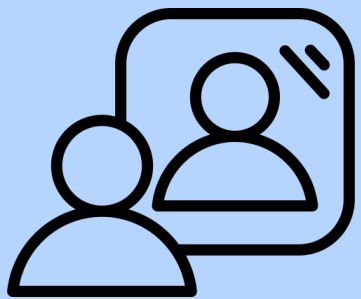
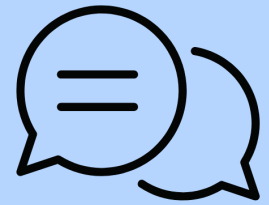
Listen to the audio guided meditation and then click on one of the buttons below for more guided meditation recommendations.



**Khan Academy:  
Guided Meditation  
for High School  
Students (13 mins)**

**20 Minute  
Beginners  
Grounding  
Meditation for  
Teens or Any Age**

**10 Minute  
Mindfulness  
Meditation for  
Teens**



# REFLECT



Did you find the practice of meditation relaxing and soothing or did you find it difficult?

Do you think if you continued to practice meditation, that it might become easier?

Why do you think there might be benefits to meditation?

Do you think this is a strategy you might use again in the future?



# Extend & Enrich

Do some research into other healthy ways to de-stress. Create a short presentation of one way to de-stress that speaks to you and share with the class.





# Home Connection



## Home Connection

### Healthy Lifestyles

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

I wanted to share what your student has been learning about healthy lifestyles and positive habits. Our lesson focused on understanding the elements of a healthy lifestyle that support our "body budget." Students brainstormed and discussed key aspects such as nutrition, hydration, sleep, movement, and socializing. They learned that a balanced body budget helps them function at their best physically and emotionally without the stress of unattainable health standards.

We emphasized that health is about maintaining balance and moderation rather than labeling choices as "good" or "bad." Through group activities, students explored how to create habits that support their body budget, such as setting SMART goals and using self-regulation strategies like the SCOPE-IT method. They also discussed how a well-maintained body budget positively impacts their academic performance and overall well-being.

To continue this important conversation at home, please ask your student: "What are some healthy habits you learned about that can help maintain your body budget, and how can we incorporate them into our daily routine?" This can be a great opportunity for a meaningful discussion about the importance of balance and healthy living.

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

Best,

\_\_\_\_\_

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## Professional Development



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: [zentangle.com/pages/learn](https://zentangle.com/pages/learn)
- Mandalas in the Classroom: [nelrc.org/managingstress/mandalas.html](https://nelrc.org/managingstress/mandalas.html)

Free Headspace access for teachers to build mindfulness practices:

[www.headspace.com/educators](https://www.headspace.com/educators).







**Lesson Complete!**

