

Psychodrama - Coping with stress

3 steps to the activity realisation



Step 1 – preparation phase

Rules of the Game:

- ✓ Tell the teenagers that it is normal to be stressed. Also say that there are times when we cannot control the causes of stress, but we can use some strategies to reduce the stress we are feeling.
- ✓ Explain that you will discuss the three points of stress management: awareness, balance, relationship. Write the three points on the board / flipchart.

Step 2 – activity phase

- ✓ Ask the young people what happens when they feel stressed. You can draw the following table on the board:

Body	Feelings
Muscles contract; sweat; feeling tired; Headache; ...	Get angry easily; overwhelmed; scared; negative; pessimistic; feeling that you cannot control, influence or change something

- ✓ Explain that young adults can learn to recognize the signs of stress and that being aware of this can help them manage the stress.
- ✓ The young people note down the word “awareness” and write how they can become aware of stress.
- ✓ Ask the teenagers what they think they need to balance their lives, stay healthy and reduce stress. E.g. balance between school and private life; Exertion and rest; Time alone and time with people; ...
- ✓ Explain that balance is different for everyone, so you need to figure out for yourself what works best. Feeling stressed is often a sign that you are out of balance. Sometimes we have no control over the balance in our life. In these cases, we can try to be in control of what is possible, e.g. breathing exercises, spending time alone, or talking to friends.
- ✓ The young people note down the word “balance” and write where they need to create balance. This can be: sleep, time for yourself, activities and leisure, etc.
- ✓ Explain that we need relationships with other people and that we need positive, supportive relationships to stay healthy.
- ✓ The young people note down the word “relationships” and write who they need in order to take the time to have contact with others and to cope with their stress.
- ✓ Now the young people can share their three points of coping with stress with their classmates.



Type of activity:
Problem-solving strategy

Value of the activity:
Understand the causes of stress and reduce or prevent stress in our lives

Timing:
preparation: 10 min.
implementation: 60 min.
checking learning progress: 30 min.

Activity follow-up:

Other value case box components:
Blackboard and circles or flipchart and markers;
Paper and pencils

Exercise to be implemented in a trustful atmosphere

Value quoted:

Step 3 – wrap up phase

Include a group discussion to help the young people reflect on what they have learned.

- ✓ What did you learn about how to prevent stress?
- ✓ What was surprising for you?
- ✓ How can you ensure that you apply the three points of coping with stress in your life?
- ✓ What else can you do to cope with your stress?
- ✓ What can you do if you cannot control one or more points?

Share the message of the exercise:

There are many types of stress that we cannot control. However, we can employ strategies that will help us reduce the controllable stress in our lives.

Your notes:

- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...
- ✓ ...