

STRESS MANAGEMENT FOR GIFTED STUDENTS

Access all
websites, this
handout, and
online
resources at

penningtonweb.net

Resources for Unit

- Mayo Clinic Stress Management Website
- *Fighting Invisible Tigers* by Earl Hipp
- *Anne of Green Gables* Video
- *Prevention Magazine* Online Videos
- Brainpop Videos

PRESENTATION OUTLINE

1. The physiological reasons behind stress and its effect on our bodies
 2. Why gifted students are at greater risk of stress
 3. Theme unit on stress management
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1. Physiological
 - A. Stress is necessary for growth
 - B. Stress is a result of the fight or flight response. Our early ancestors that lived had a strong fight or flight response.
 - C. When they were exposed to a threat their body got ready for the physical exertion of running or fighting—adrenaline and cortisone gets dumped into the bloodstream—heart rate raises, hands and feet cool down as blood is redistributed to large and core muscles, digestive system shuts down, body sweats as it turns on its natural air conditioner
 - D. Adrenaline and cortisone were eliminated as the body exerted itself through the fight or flight.
 - E. Emotional threats can bring on the same reaction in the body.
 2. Gifted and stress
 - A. Emotional overexcitability
 - B. Gifted students understand cause and effect relationships well. It give them the ability to determine ALL the possible negative outcomes from a concern.
 3. Pick a movie with gifted character. Watch clips of the video and have students list characteristics that they think would identify that character as a gifted individual.
Anne of Green Gables—some video clips available at anneofgreengables.com

Teaching Unit

The activities below were created to follow readings in the book *Fighting Invisible Tigers* by Earl Hipp. As we read the book, the students use computers equipped with Microsoft Publisher to create pages for their own stress management booklet. You can find all the online resources I have available at penningtonweb.net under the Conference Materials link.

Pages to Create

Immediate and Long Term Physiological Effects of Stress Page **websites available**

Worry Page—Understand that worry does not solve anything—Don't say, "I should..." or, "I ought to..." Both are guilt words. Either decide to do something or put it off until later.

Coping Page—a definition of coping, a list of positive coping behaviors and negative coping behaviors—coping is a short term way of feeling better, negative coping behaviors are often extremes of positive coping behaviors

Physical Activity Page—include a description of how physical activities help manage stress, guidelines for choosing activities, a list of activities—star the one that would release the most stress hormones—**websites available**

Nutrition Page—description of the sugar rollercoaster that many get on when stressed—include a list of 8 foods that are good energy sources and 8 that are bad—**websites available**

Breathing Page—description of how breathing makes people feel better—include description of at least one breathing technique—**websites available**

Meditation Page—description of why meditation aids in stress management, 3 guidelines for meditation, and the Mayo Clinic link to the Candle Video meditation—**websites available**

Yoga-- 3 yoga poses with name and a description of how yoga can affect stress **websites available**

Sleep—Don't do without it. **websites available**

Assertiveness-ASSERT—give a description of each letter

Safety Net—students describe what a safety net is, make a list people that can be a safety net

Time Management—To Do List Instructions, make a to do list, realize that you won't complete it all, organized from most important and pressing to least, decide which 3 items to complete—celebrate if you complete more **websites available**

Don't say, "I didn't have the time. Say instead, "I didn't take the time."

Laugh—**websites available**

Attitude Affects Your World—Read *Alexander and the Terrible, Horrible, Very Bad Day*

Procrastination—We put this one off until last.—make a list of reasons why people procrastinate **websites available**