

# Healthy Minds

## Discussion

**ELSA Level:** Level 4/5  
**Activity:** Small group or whole class discussion  
**Time:** 30 - 45 minutes  
**Materials:** Discussion Questions (page 2)

### Learning Outcomes:

Learners will be able to:

- Identify sources of stress.
- Recognize the positive and negative aspects of stress.

### Suggested Approach:

- Instructors can first ask learners for their definitions of stress and write ideas on the board.
- Instructors may then choose to have a whole class discussion using the questions on the following page as a guide and recording the responses on the board or on flip chart paper, or they can give each group the question sheet and have the learners conduct their own small group discussions, followed by a whole class debriefing.

Note: Learners tend to participate more equally in small group discussions if they are each given a role to play:

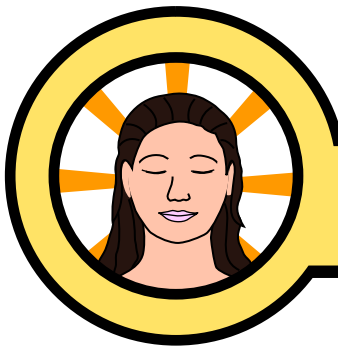
**Leader** – asks the questions and encourages other members of the group to participate and give their ideas.

**Note-taker** – writes the group's ideas/opinions (in point form).

**Time keeper** – keeps the discussion on track if the discussion gets off topic and keeps an eye on the time to make sure all questions are covered in the allotted time. (Instructors can give some gambits for doing this: i.e. "We're running out of time..." "I think we should move on to the next question..." "I think we are getting off track..." etc).

**Reporter** – reports the results of the discussion back to the whole class.

- Other suggested materials for introducing or enhancing this module include: Staying Afloat: Lifeskills and English for ABE/ESL College Students (Unit 1) , Barreca, Donna, Hepler, Margaret, Vancouver Community College Publication. Also, a nice introductory listening activity about stress can be found in Have Your Say, McKay, Irene, Oxford Press.



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## Stress: Discussion Questions

What is stress? (Make your own definition of stress in your group)

What are some signs of stress? (How do our bodies show that we are under stress?)

What are some sources or causes of stress?  
(Remember, the sources of stress can come from day to day life, or from big changes in our lives.)

How can stress hurt us?

Can stress help us? How?