



Healthy Minds

Discussion

ELSA Level:	Level 4/5
Activity:	Class members share their personal experiences of stress and their strategies for coping
Time:	45 minutes
Materials:	None

Learning Outcomes:

Learners will be able to:

- Express feelings of stress and talk about how they manage it.
- Realize the prevalence of stress among peers.

Suggested Approach:

- Instructor can begin by talking or telling an anecdote about a source of stress in his/her life as an example. (This may encourage the learners to talk about their own sources of stress).
- Pose the following questions to the learners in groups or as a whole class: What are some sources of stress in your life now, or in the past? What things do/did you do to cope with the stress?
- Learners can work in small groups or as a whole class. Whichever method is chosen, the instructor can note sources of stress and strategies used to cope on flip chart paper or the board.