

NEW MEXICO 4-H

Aggie Next Step

My Stress Action Plan



Post Secondary Pathways



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INTRODUCTION

Stress is something everyone experiences – at school, work, and in everyday life. A little stress can sometimes motivate us, but too much stress can make it hard to think clearly or feel healthy. In this lesson, participants will take a self-care check to see what they are already doing to manage stress. Then, they will create a stress action plan with strategies to use both right now and in the future.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the **Pre-assessment**.
2. Warm-up with a quick question on the board: *What's one thing you do to take care of yourself when life feels stressful?* Students jot down answers or share aloud. (Emphasize: *There's no right or wrong answer – this is just noticing what works for you.*)
3. Briefly explain: *Stress is a normal reaction, but without healthy coping strategies, it can build up and affect school, work, and relationships. Self-care equals small, everyday actions that help us recharge and stay balanced.*
4. Distribute **Self-Care Assessment**. Allow time for students to complete. Remind them that this is private – no need to share every detail.
5. When students are finished, debrief with a class discussion:
 - Q: *Which self-care activities are you already good at?*
 - Q: *Which ones are harder to do regularly?*
 - Q: *Why might self-care matter in school or future jobs?*
 - Q: *What small change could make the biggest difference for you right now?*

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Identify** current self-care habits.
- **Recognize** areas where stress may be affecting them.
- **Create** a personalized stress action plan with short-term and long-term strategies
- **Share and discuss** strategies with peers to build a toolkit of ideas



My Stress Action Plan

6. Distribute *My Stress Action Plan* template. Give students ample time to read and complete their action plan. (*Optional tip: Play relaxing instrumental music while they work. This is one stress-relieving strategy they can use on their own action plan.)
7. If time allows, invite volunteers to share one strategy they wrote.
8. (Optional) Distribute the *Stress Management Tips* handout for participants to read and take home.
9. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.

WRAP UP

Managing stress is an essential life skill. The plan you made today is a starting point – and you can keep adding to it as you learn what works best for you.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 6.2.1: Understand health and safety standards and concepts

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-3: Attend to personal health and financial well-being

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Choices Magazine Presents: How to Deal with Stress

https://youtu.be/hW7nVYMYaHw?si=yqx_bkP2b8VTDbHb

How to Relieve and Get Rid of Stress – Relaxation Tips for High School and College

<https://youtu.be/jfHicRd9Eq0?si=WFFMMU-9yfxRB3-q>

Relaxation Skills for High School Students: How to Cope with Stress & Anxiety | Child Mind Institute

<https://youtu.be/9lZOond9srU?si=Rko0Yxz23QEM14f2>



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