



Mental Health Lesson Plan for Students in Grades 9 to 12

YouthNet/RéseauAdo (YNRA) – Live Virtual Workshop: StressLESS

Learning Outcome: This workshop helps youth to effectively understand stress and its effects, to identify and apply appropriate coping strategies for different kinds of stressors. It further encourages them to practice new, positive coping skills while connecting them with additional resources to manage stress.

Skills Taught: Mental Health Literacy, Stress Management, Awareness of Resources and Coping Tools

Estimated Time: 60-90 minutes (*workshop*); 15 to 30 minutes (*optional discussion*)

***NOTE:** Please review the *Special Considerations for COVI-19* section prior to booking.

Teaching Strategies	Resources
<p><u>Live Virtual Workshop</u></p> <p>Sign up to participate in YNRA’s <i>StressLESS workshop</i> (<i>max 25-30 participants</i>).</p> <ul style="list-style-type: none"> Teachers may participate in the workshop alongside their students or (if booking an exclusively online cohort) sign their students up to participate on their own 	<p>YNRA’s StressLESS Live Virtual Workshop (easy booking process).</p> <p><u>Each student will need:</u></p> <ul style="list-style-type: none"> A device, such as laptop, tablet or desktop computer Connection to internet The Zoom link to join the workshop (provided with booking confirmation) <p><u>Ideal, but optional materials:</u></p>

Optional Discussion

To extend the learning, educators may lead a discussion with students with the following suggested prompts:

1. What is stress? Who experiences stress?
2. Is stress always a bad thing?
 - a. In what ways/situations can stress help us?
 - b. When does stress become overwhelming or detrimental to our wellbeing?
3. How can unmanaged stress affect our bodies, minds, thoughts and behaviours?
4. What is one thing you do to help yourself through a stressful day?
5. Are there some ways we cope that are helpful in the short-term, but not so helpful in the long-term?
6. Why is it important to have more than one kind of coping strategy to manage stress?

Discuss the questions as a group and share the school's resources and contacts.

- The Zoom program/app downloaded onto the device, (if not, joining from a browser window will suffice)
- An additional device, such as a smartphone or tablet, to participate in online activities

Materials for Educators:

- If hosting an “In-Class” or “Synchronous” workshop, you will need: projector, speakers, an appropriate space to minimize background noise (e.g., classroom vs. caf) and, ideally, a webcam for us to see in-class participants

Special Considerations for COVID-19

Lesson Delivery Options: During COVID-19, YNRA offers exclusively *virtual* presentations in the following delivery modes:

- | | | |
|--|---|---|
| 1. Remote (ideal): Participants join remotely on their own devices (i.e., from home during online learning times) | 2. In-Class: Participants and educator join as a group on one device (i.e., during in-school learning periods) | 3. Hybrid/Synchronous: Some participants join remotely, while others join simultaneously from in-class with an educator. |
|--|---|---|

***Follow our easy booking guide [HERE](#).**

