

## *Integrated Lesson Plan*

Instructor: Cecil Lohr  
Program: Ag Construction

Unit: 1

Lesson Title: Identify Stress Sources

Terminal Objective: Up on completion of this unit, the student will be able to identify stress sources at home, school, work, and money . The student will score 80% or higher.

Enabling Objectives: 1. The student will be able to identify negative behaviors to cope with stress. 2. The student will be able to identify positive behaviors to cope with stress.

Related PA Academic Standards:

Reading, Writing, Speaking and Listening 1.1.11 c,d,&g 1.2.11 a 1.3.11 c 1.4.11 d

Introduction: Important tips for general good health and managing stress:

1. Practice good nutrition
2. Avoid use of drugs or alcohol
3. Avoid use of tobacco
4. Participate in a regular exercise program
5. Learn to accept some stress as normal
6. Develop outside interests and hobbies
7. Renew high quality friendships
8. Make time for relaxation daily
- 9.

Body/Main Content:

Activity 1

How does stress affect you? Ask yourself the following questions:

- A. Do I over commit my time?
- B. Do I waste time?
- C. Do I get enough rest?
- D. Am I influenced by the wrong people?
- E. Am I honest with myself?
- F. Do I eat properly?

Any of the above conditions could create stress. If you answered “yes” to one or more of the questions, what changes could you make to reduce the possibility of stress in your life?

Summary:

Review

Stress is pressure from outside yourself that makes you feel tense inside. It may be a physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in causing illness.

Some causes of stress may be too many changes in your routine at once, job, money problems, family problems, life style changes or a demand to handle something. Excessive stress could lead to physical or emotional problems.

Materials Needed:

*Integrated Lesson Plan*

Paper and pencil