

I. Brainstorming

Q 1: What is stress?

Q2: What makes you feel stressed?

Q3: What are the effects of stress?

Q4: How to cope with stress?

II. Self-evaluation

1. Do you feel stressed?
2. What makes you feel stressed?
3. What symptoms do you have when feeling stressed?
4. How often do you feel stressed?

III. How to relax?

How would you like to relax and why?

Ways to relax

Reasons

IV. Assignment

Make a presentation in groups with effective visuals

Give a presentation with effective visuals on how you'd like to relax.

Surf online for visual aids used in presentation