Grade 8 Lesson Plan:
Stress Management – Doctor Disease

SOLs

- 8.3.K
- 8.3 L

Objectives/Goals

- Students will understand the correlation between disease and illness.

Materials

- Packet (provided)
- PowerPoint (Provided)
- Fight or Flight video

Procedure

Step 1

- Assign each student a schedule using the Doctor's Schedule worksheet. There are 10 different doctor's schedules.
- The students will use the Doctor's Chart worksheet when going around reading about each patient's symptoms. They will fill out the Doctor's Chart with all of the information
- Students will write a summary paragraph addressing what each of the patients had in common and how stress was leading to the patient's symptoms.

Step 2

- Using the "My Top Ten Stressors Worksheet", students will list, in order, their top ten stressors. Then they will collaborate with a partner and compare and contrast each person's stressors.

Step 3

- Have students watch the Fight or Flight video
- Have Students fill out the Fight or Flight Worksheet as the teacher is showing Fight or Flight notes from the PowerPoint.

Step 4

- Using the 30-day Stress Management Challenge Worksheet, students will chart their stressors and stress management techniques every day for 30 days.

Assessment Idea

Student will create a 30-day plan to participate in a stress management challenge activity

References

- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- https://depts.washington.edu/hprc/wp-content/uploads/11d.-Hope-Heart-Stress-Managment-Challenge.pdf
- https://www.youtube.com/watch?v=jEHwB1PG_-Q

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Patients

Patient: Julie
Age: 16
Reason for Visit: I'm here today because lately I've felt dizzy and tired and have had recurring headaches that won't go away. Probably because I hate my mom, but anyway I also haven't had my menstrual cycle is the last 3 months and I have light bruises around my eyes and cheeks. Oh, I also feel cold all the time. I don't eat much, only like once or twice a day. The only thing I've done differently lately is that I've gone to the gym to workout every day. Oh, and I started smoking. I heard it helps you lose weight. My mom wants me to look like my sister who just happens to be a model, so instead of dealing with my mom, I just go to the gym and work out all night after school. It's really no big deal. I'm 5"7' and weigh 100lbs. My mom is probably right. I could afford to lose a few pounds. The gym is my only escape from her.

Patient: Carl
Age: 45
Reason for Visit: Lately I've had a hard time doing daily activities. Actually, for the past couple months I've had a difficult time doing things like getting the newspaper in the morning, and even walking up and down the stairs in my home. I tend to experience breathlessness, sleep apnea, and often times feel depressed. Most people would probably say I'm lazy and stupid. That tends to be the stereotype. Last time I saw a doctor he told me, "You're not alone, 65% of Americans suffer with the same thing." Is that supposed to make me feel better? I'm really just worried about my family. I need to support them. Lately I've been advancing in my career at a much slower rate than anyone else in my company. I'm just so thankful for my wife. If it wasn't for her packing me many snacks like chips, chocolate, donuts, cookies, hamburgers, subs, and candy and also two lunches throughout my workday I would never be able to survive.

Patient: Lucy
Age: 57
Reason for Visit: Lately I've experienced excessive thirst, hunger, fatigue, weight loss, and blurry vision. The last time I went to the doctor he said my blood sugar was too high and recommended that I exercise. I can't exercise!! Exercise causes me anxiety. What if I see someone I know? What would I wear? I would have to have my hair in a pony tail and that just would look ridiculous on me. I would have to buy some fashionable new nike sneakers, and some sweat bands, and a cute warmup outfit. Anyway…I have absolutely no time to exercise. I have better things to do like watch my soap operas on television. Besides where would I exercise at? How much would it cost? Do I need to be certified?

Patient: Tony
Age: 54
Reason for Visit: Last time I went and saw a doctor he told me that my biggest risk factors are high blood pressure and high blood cholesterol. So that means what? I'm here today because lately I've experienced an uncomfortable pressure in my chest. I've also experienced discomfort in my arms and back. I first noticed it at work when I experienced a shortness of breath and nausea after I got into ANOTHER heated argument with one of my co-workers. As I recall there is no "I" in team. But this person tends to think there is. We currently no longer speak to each other…but anyway…. the pain in my chest is no longer going away even when I try and rest. What is happening to me?

Patient: Amy
Age: 17
Reason for Visit: I'm so glad you could fit me in today. I know its Saturday but I just couldn't afford to miss school or my basketball game for this appointment. If I miss class and do poorly on a test my parents are not happy. I would be grounded for a week for every class I missed. Also, if I miss my game my coach would kill me. I would be blamed for every mistake my team made during the game. If my team would lose, I would immediately get kicked off the team. So, I appreciate you seeing me today. I'm here because I've had a fever, headache, congested nose, and experienced muscle aches and stiffness throughout my whole body. I realize it may not sound serious but I do tend to get sick like this every couple of weeks. I don't even care what I look like anymore because I'm normally always sick anyway.

Patient: Liza
Age: 32
Reason for Visit: Sorry I was late for my appointment. I just had my fifth job interview this week. Once again, I don't think it went very well. I don't know how I'm going to be able to pay my rent this month. Oh, also will I have to pay for this appointment today or can you just mail me a bill in a month or two or three? Three months would be good, is that possible? Well anyway...I'm here today because I've been experiencing abdominal pain, nausea, and vomiting. I do tend to drink at night to relieve my nerves but it's not from drinking. It almost feels like I have indigestion except I've tried every over-the-counter medicine and nothing seems to help. I actually skipped lunch one day to see if that would help but it actually got worse. So, what is wrong with me?

Patient: Brady
Age: 22
Reason for Visit: Hey sorry I'm a little late. It's my friend's fault he was up drinking all night. Anyway, I'm here because I…I mean my friend is experiencing these symptoms and I'm here to find help for him. Lately I…I mean he's experienced forgetfulness and aggressiveness. My…I mean his money has just disappeared. And he believes he can only have fun when he's drinking. I know it can't be serious. Right? Because all my friends are…I mean all his friends are trying to find him help. Did anyone ever stop and think that maybe he's just a little worried about failing out of college?

Patient: Cheryl

Age: 16

Reason for Visit:

Thanks for getting me in early today because I'm in a hurry. As soon as I leave here I'm going to drive over to my boyfriend's house and smash his rearview mirror off his precious car. That will teach him to never cheat on me again. So once again I really appreciate you taking me in early. I'm here because as you probably noticed I have red pimples all over my face and back. I even am starting to get actual scars from them. Did you get that? Sorry I tend to talk really fast. I always seem to have constant racing thoughts. That could be why I'm always in a hurry. But today I'm on a mission. So, about my face and back.... what can I do?

Patient: Jen
Age: 38
Reason for Visit:
I'm so glad to have a day off today. Do you know what it's like to be a telemarketer? People yell and hang up on me continuously all day! My friends' wonder why I worry all the time and bite my nails, well that's why! I can't wait to go home and lay out in the hot sun all day. Anyway…I've been having some problems. I often tend to experience a fever, chills, weight loss, loss of appetite and fatigue. Also, I've had a sore on my skin for at least 6 months now and it hasn't gone away. I figured I should get it checked out. What is wrong with me?

Patient: Ritik
Age: 17
Reason for Visit:
Well my mom made me come to see you today. As usual life is so unfair. At least I'm missing school for this appointment because I absolutely hate school. I don't plan on going to college or anywhere for that matter. I see no future for me. My mom thinks I've been acting sad and miserable but really I just don't want to talk to anyone. I suppose I just lack confidence and have been angry lately more than usual. Lately I've had difficulty sleeping and don't enjoy any of the activties that I use to enjoy. I do have some physical aches and pains however there seems to be no real cause. Lately, life is just "passing me by". Please tell me whats wrong with me so I can move on with my non-existant life.

Doctor's Schedule 1

1. Julie
2. Carl
3. Ritik
4. Lucy
5. Brady
6. Amy
7. Tony
8. Liza
9. Cheryl
10. Jen

Doctor's Schedule 2

1. Ritik
2. Lucy
3. Brady
4. Amy
5. Tony
6. Liza
7. Cheryl
8. Jen
9. Julie
10. Carl

Doctor's Schedule 3

1. Brady
2. Amy
3. Tony
4. Liza
5. Cheryl
6. Jen
7. Julie
8. Carl
9. Ritik
10. Lucy

Doctor's Schedule 4

1. Carl
2. Ritik
3. Lucy
4. Brady
5. Amy
6. Tony
7. Liza
8. Cheryl
9. Jen
10. Julie

Doctor's Schedule 5

1. Lucy
2. Brady
3. Amy
4. Tony
5. Liza
6. Cheryl
7. Jen
8. Julie
9. Carl
10. Ritik

Doctor's Schedule 6

1. Amy
2. Tony
3. Liza
4. Cheryl
5. Jen
6. Julie
7. Carl
8. Ritik
9. Lucy
10. Brady

Doctor's Schedule 7

1. Tony
2. Liza
3. Cheryl
4. Jen
5. Julie
6. Carl
7. Ritik
8. Lucy
9. Brady
10. Amy

Doctor's Schedule 8

1. Cheryl
2. Jen
3. Julie
4. Carl
5. Ritik
6. Lucy
7. Brady
8. Amy
9. Tony
10. Liza

Doctor's Schedule 9

1. Liza
2. Cheryl
3. Jen
4. Julie
5. Carl
6. Ritik
7. Lucy
8. Brady
9. Amy
10. Tony

Doctor's Schedule 10

1. Jen
2. Julie
3. Carl
4. Ritik
5. Lucy
6. Brady
7. Amy
8. Tony
9. Liza
10. Cheryl

Doctor's Chart

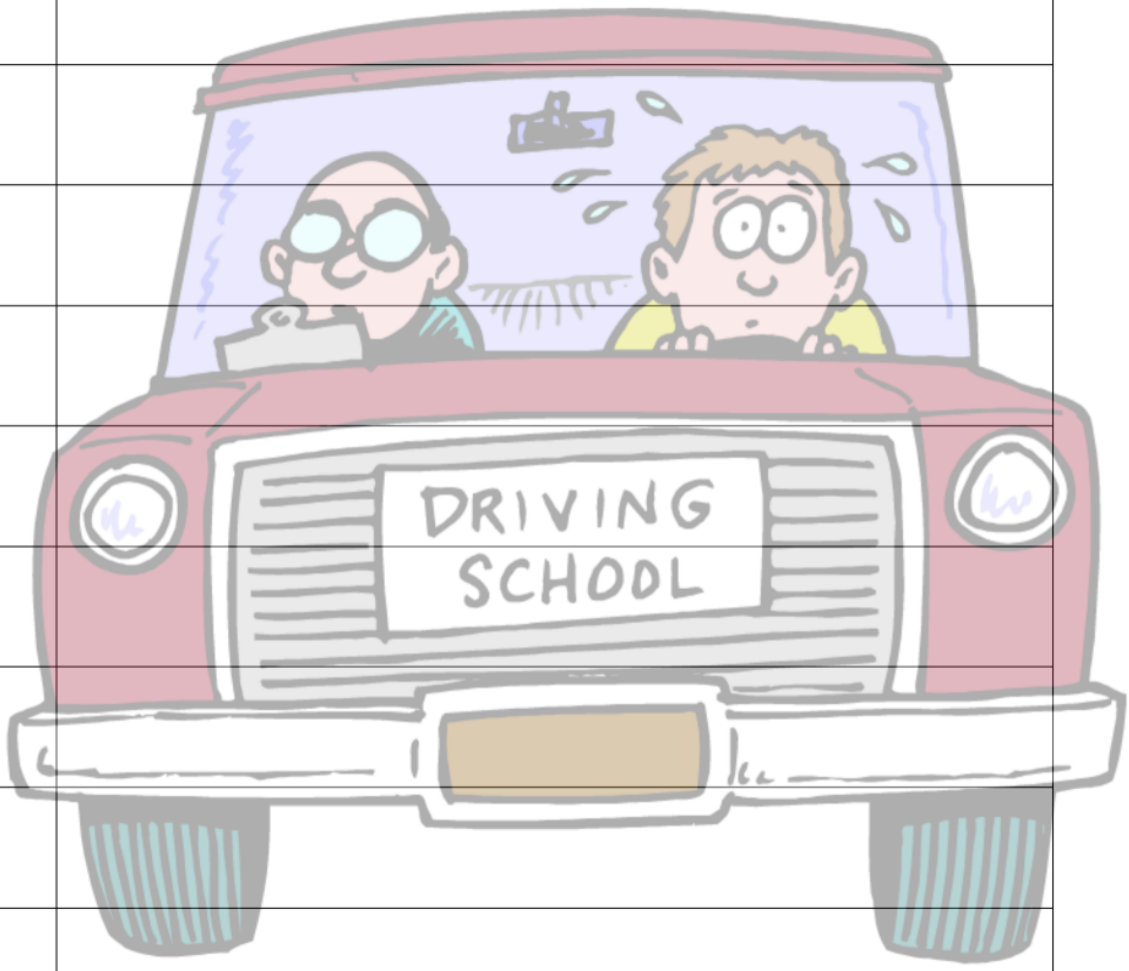
Name	Physical	Behavioral	Mental	Source(s) of Problem(s)	Diagnosis	Recommended Treatment
Julie						
Carl						
Jen						
Ritik						
Tony						

Name	Physical	Behavioral	Mental	Source(s) of Problem(s)	Diagnosis	Recommended Treatment
Liza						

My Top Ten Stressors

Take some time on your own to reflect on stressors in your own life. Rank these stressors with 1 being the most stressful and 10 being the least stressful on your list.

Rank	Stressor
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



Find a partner when instructed to do so and compare stressors that are on the list. Put a * next to the stressors that you and your partner have in common.

LIST WHAT HAPPENS TO THE BODY DURING A FIGHT OR FLIGHT REACTION.

Eyes_____

Hearing_____

Breathing_____

Saliva_____

Heart Rate_____

Blood Pressure_____

Digestion_____

Blood Flow to Muscles_____

Muscles_____

30 Sample Stress-Relieving Techniques

1. Take a warm bath
2. Work on a puzzle
3. Get some exercise
4. Enjoy some dark chocolate
5. Talk to a friend
6. Work in the garden
7. Organize a messy area
8. Spend time with a pet
9. Read a book for pleasure
10. Listen to music
11. Take a walk
12. Drink hot tea
13. Do some yoga stretches
14. Meditate
15. Eat a healthy snack
16. Take a swim
17. Watch a funny video
18. Journal your worries
19. Focus on your senses for a minute or two
20. Be alone for 10-15 minutes
21. Identify one positive thing in the day
22. Repeat a calming word or phrase over and over
23. Squeeze a stress ball
24. Draw, paint, or create
25. Take 5 deep breaths
26. Use your imagination to visualize yourself in a relaxing place
27. Turn off your cell phone
28. Try a self-massage
29. Sing along with the radio
30. Take a nap

Write your own stress relieving technique:

31. _____

30 Day Stress Management Challenge

1 Stressor: Tip #:	2 Stressor: Tip #:	3 Stressor: Tip #:	4 Stressor: Tip #:	5 Stressor: Tip #:	6 Stressor: Tip #:	7 Stressor: Tip #:
8 Stressor: Tip #:	9 Stressor: Tip #:	10 Stressor: Tip #:	11 Stressor: Tip #:	12 Stressor: Tip #:	13 Stressor: Tip #:	14 Stressor: Tip #:
15 Stressor: Tip #:	16 Stressor: Tip #:	17 Stressor: Tip #:	18 Stressor: Tip #:	19 Stressor: Tip #:	20 Stressor: Tip #:	21 Stressor: Tip #:
22 Stressor: Tip #:	23 Stressor: Tip #:	24 Stressor: Tip #:	25 Stressor: Tip #:	26 Stressor: Tip #:	27 Stressor: Tip #:	28 Stressor: Tip #:
29 Stressor: Tip #:	30 Stressor: Tip #:	**Name:**_____ **E-mail:**_____				