



4th Session

Stress Management Strategies

Social-Emotional Understanding and Learning
For Adult-Children Wellbeing Advancement



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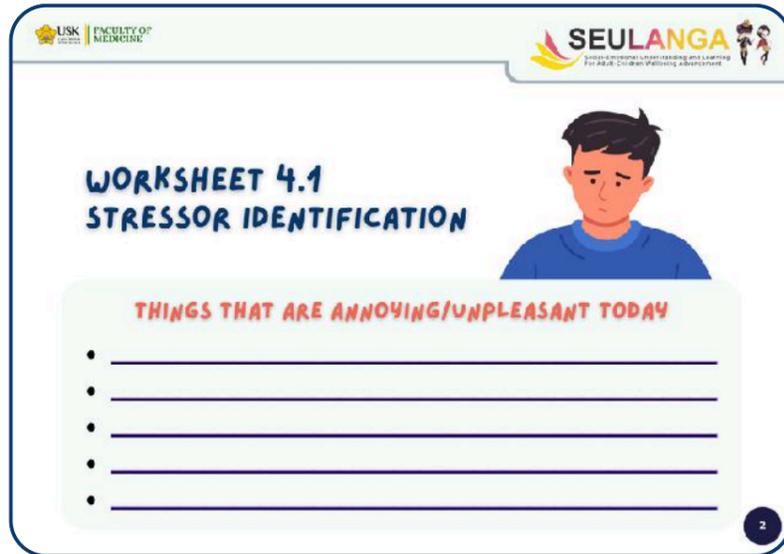
OPENING

- Assalamualaikum. Greetings, good day everyone. Praise to God, we meet again to discuss the SEULANGA program.
- Let's start this meeting with a check-in. This time, we will check in by identifying our respective moods.
- How are you feeling today?
- Use a number from 1 to 10 to describe your feelings, where 1 is very bad and 10 is very good.
- Let's begin...Please state your mood rating from 1 to 10 (Point to 2-3 students). It is quite varied, isn't it?
- Regardless of our mood, let us be prepared to commence today's activities. Let's proceed with enthusiasm...



Stress Management Strategies





WORKSHEET 4.1
STRESSOR IDENTIFICATION

THINGS THAT ARE ANNOYING/UNPLEASANT TODAY

- _____
- _____
- _____
- _____
- _____

STRESSOR IDENTIFICATION

- “We will now identify things that have been disturbing/unpleasant for you, from this morning until now.”
- “Please write them down on Worksheet 4.1” (3 minutes, ask two students to share the stressors they wrote down).
- “Thank you, students, for sharing your unpleasant experiences.”
- “Well, the unpleasant things that have just been written down are called stressors. These stressors can cause stress. Let's keep this list of stressors for now, and we'll discuss it together later.”

WORKSHEET 4.1

STRESSOR IDENTIFICATION



THINGS THAT ARE ANNOYING/UNPLEASANT TODAY

- _____
- _____
- _____
- _____
- _____

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WHAT IS STRESS?



Stress is a person's physical and emotional (mental/psychological) reaction to changes in their environment that require them to adapt.

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WHAT IS STRESS?

- “Now let's talk about what stress is.”
- “Stress is a person's physical and emotional (mental/psychological) reaction to changes in their environment that require them to adapt.”
- “Stress is natural, but when it is severe and prolonged, it can have negative effects.”
- “People react differently to stress, such as headaches, muscle tension, anger, etc.”

WHAT IS STRESS?



Stress is a person's physical and emotional (mental/psychological) reaction to changes in their environment that require them to adapt.

SIGNS AND SYMPTOMS OF STRESS

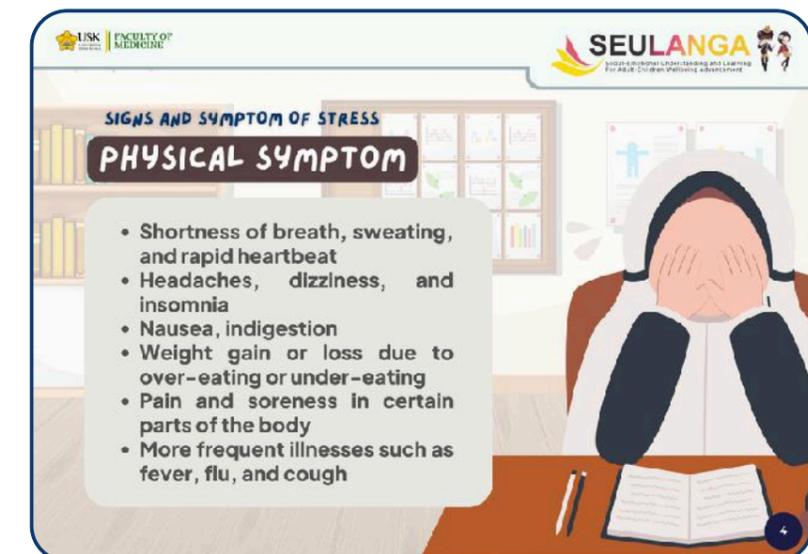
When experiencing stress, the body releases hormones such as adrenaline and cortisol, which cause individuals to take urgent action. This has an effect on the mind and body, namely:

Physical Symptoms

Emotional and Mental Symptoms

Physical Symptoms

- Breathing heavily, sweating, and heart pounding. Like a panicked person.
- Headaches, blurred vision, and difficulty sleeping.
- Nausea, digestive problems. Feeling uncomfortable in the stomach.
- Weight gain or loss due to over-eating or under-eating. Extreme appetite.
- Pain and soreness in certain parts of the body.
- More frequent illnesses such as fever, flu, and cough. Decreased immunity.



SIGNS AND SYMPTOMS OF STRESS

PHYSICAL SYMPTOMS

- Shortness of breath, sweating, and rapid heartbeat
- Headaches, dizziness, and insomnia
- Nausea, indigestion
- Weight gain or loss due to over-eating or under-eating
- Pain and soreness in certain parts of the body
- More frequent illnesses such as fever, flu, and cough

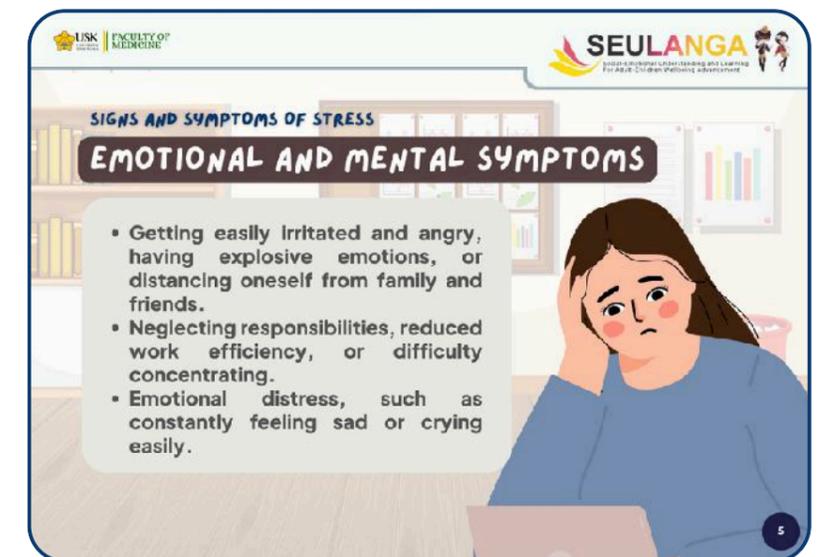


SIGNS AND SYMPTOMS OF STRESS

Emotional and Mental Symptoms

- Getting easily irritated and angry, having explosive emotions, or distancing oneself from family and friends. Emotions become unstable.
- Neglecting responsibilities, reduced work efficiency, or difficulty concentrating. Declining performance.
- Emotional distress, such as constantly feeling sad or crying easily. Becoming more emotional.

These symptoms can often lead to greater stress. It is important for individuals to recognize the symptoms and know how to deal with stressful situations so that they can overcome stress as soon as it arises.



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SIGNS AND SYMPTOMS OF STRESS

EMOTIONAL AND MENTAL SYMPTOMS

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SIGNS AND SYMPTOMS OF STRESS

EMOTIONAL AND MENTAL SYMPTOMS

- Getting easily irritated and angry, having explosive emotions, or distancing oneself from family and friends.
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THE EFFECT OF STRESS

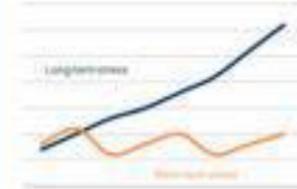
Stress can have a negative impact on us.

Its effects can range from making us unable to complete tasks to triggering certain illnesses and causing problems in our emotions and relationships.



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THE EFFECT OF STRESS

Short term stress	Long term stress
Making ourselves focused and able to get things done	Causing negative effects on the body, such as reducing certain functions and triggering various diseases
	

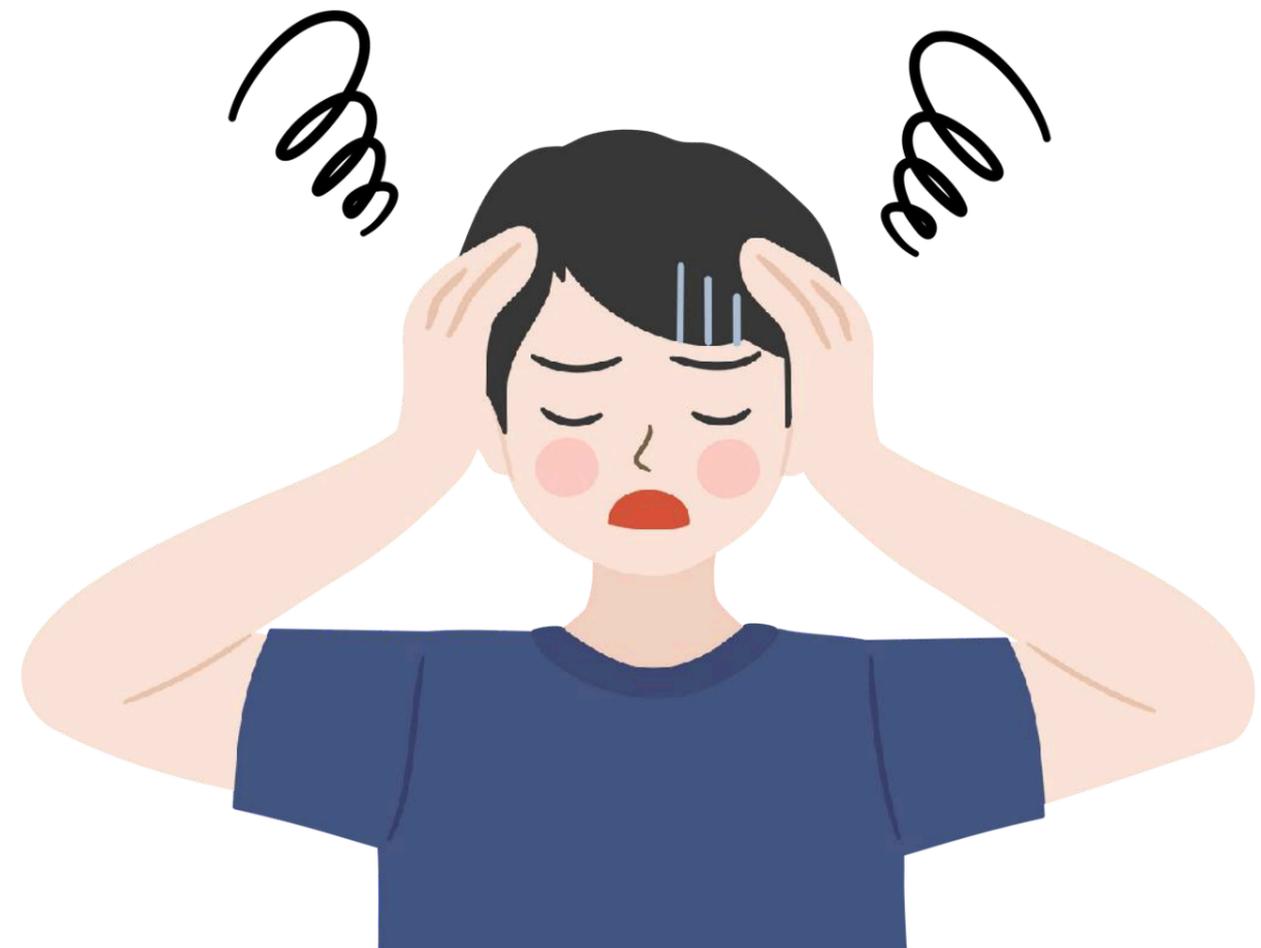
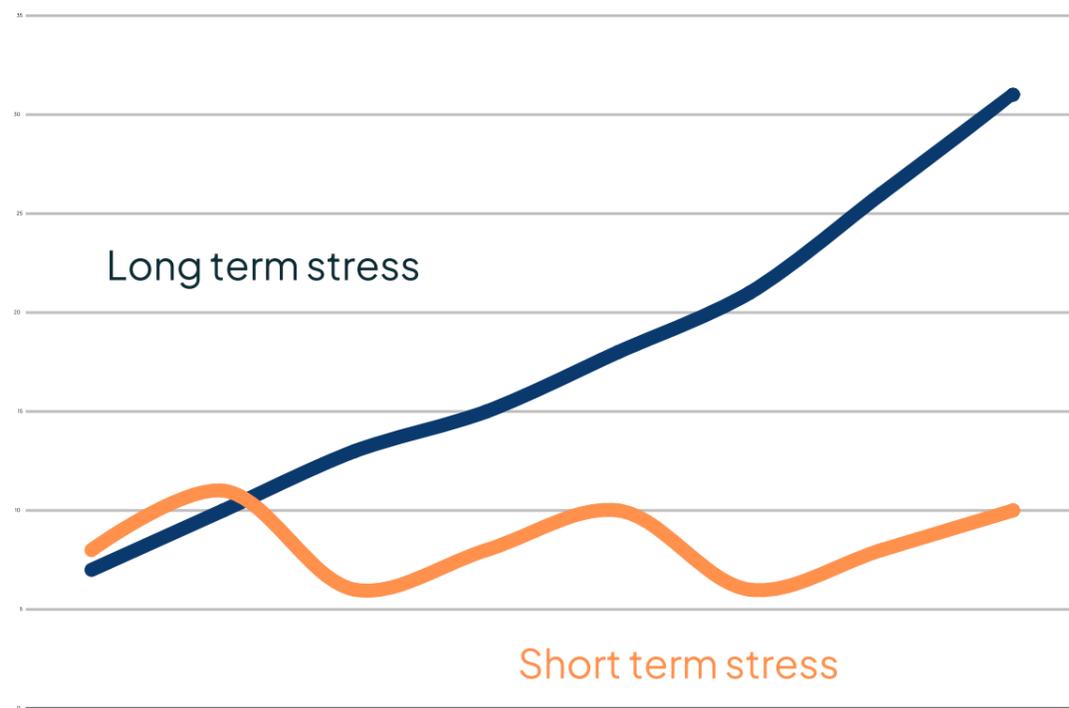
THE EFFECT OF STRESS

Short term stress

Making ourselves focused and able to get things done

Long term stress

Causing negative effects on the body, such as reducing certain functions and triggering various diseases



THINGS THAT CAUSE STRESS

INTERNAL FACTORS (FROM OURSELF)

- **Addiction to gadgets/games/smoking**

Excessive activity can cause obstacles to performance, such as fatigue and being stuck in an activity.

- **Frequently criticizing and blaming yourself**

Having high expectations that don't align with reality can lead to unpleasant feelings and self-blame. Perfectionists are also prone to this because they feel the results don't meet their expectations.

- **Paying too much attention to other people's comments**

Sometimes, other people's opinions are important to us, and their comments can influence us.

- **Forcing yourself to work hard**

The desire to produce results or achieve certain targets sometimes causes us to push ourselves too hard or force ourselves to work too hard.

- **Personal achievements and failures**

Sometimes, achievements can even become a burden. This also includes failures, which can sometimes cause feelings of frustration and regret.

- **Other things that hurt yourself**

Other situations and conditions that we perceive/feel as unpleasant can also cause overthinking.



THINGS THAT CAUSE STRESS

INTERNAL FACTORS (FROM OURSELF)

Addiction to gadgets/games/smoking

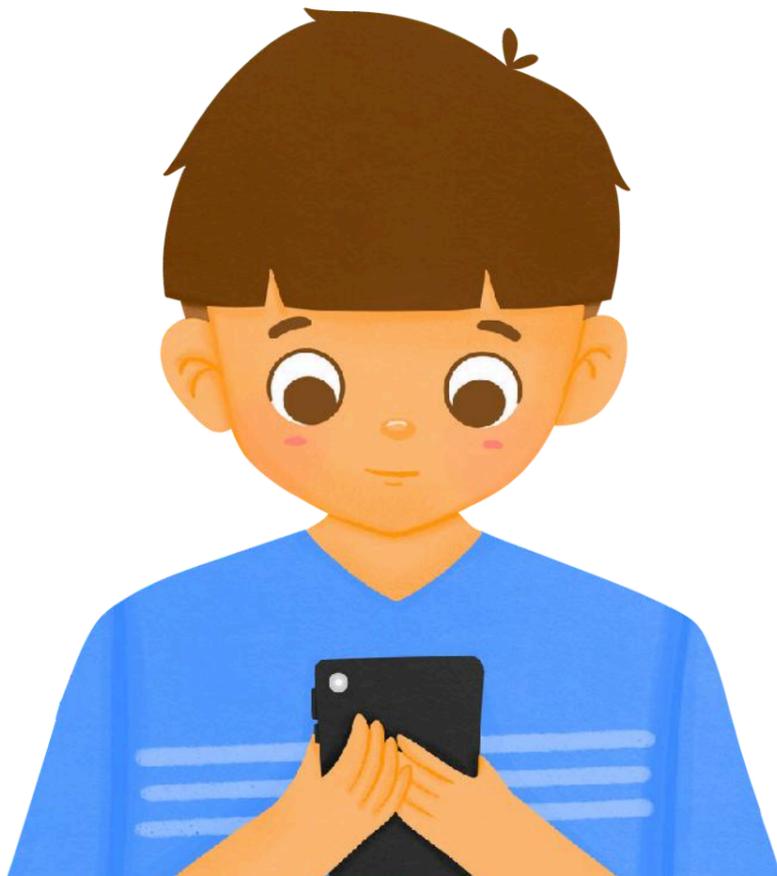
Forcing yourself to work hard

Paying too much attention to other people's comments

Personal achievements and failures

Other things that hurt yourself

Frequently criticizing and blaming yourself



THINGS THAT CAUSE STRESS

EXTERNAL FACTORS (FROM ENVIRONMENT)

- **Noise**

Noisy situations can sometimes be stressful for us and trigger unpleasant conditions.

- **Excessive light**

Just like noise, overly bright lighting conditions also have the same effect (causing stress).

- **Extreme heat/cold weather**

Extreme heat/cold weather can also trigger discomfort and stress.

- **Being treated badly by others**

How others treat us can affect our well-being and comfort. Positive treatment brings positive responses, and so does negative treatment.

- **Too much work**

Assignments become stressful when we have difficulty completing too much work.

- **Troubles in the family**

Unpleasant situations such as troubles affecting you and your family can become stressful and burdensome.

- **Small things**

Small things such as flat tires on motorcycles or bicycles, falling down, getting bumped on the road, and others can also become a burden on the mind.



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THINGS THAT CAUSE STRESS EXTERNAL FACTORS (FROM ENVIRONMENT)

- Being treated badly by others
- Noise
- Calamities in the family
- Small things
- Too much assignment
- Extreme heat/cold weather
- Excessive light

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THINGS THAT CAUSE STRESS EXTERNAL FACTORS (FROM ENVIRONMENT)

Being treated badly by others

Noise

Troubles in the family

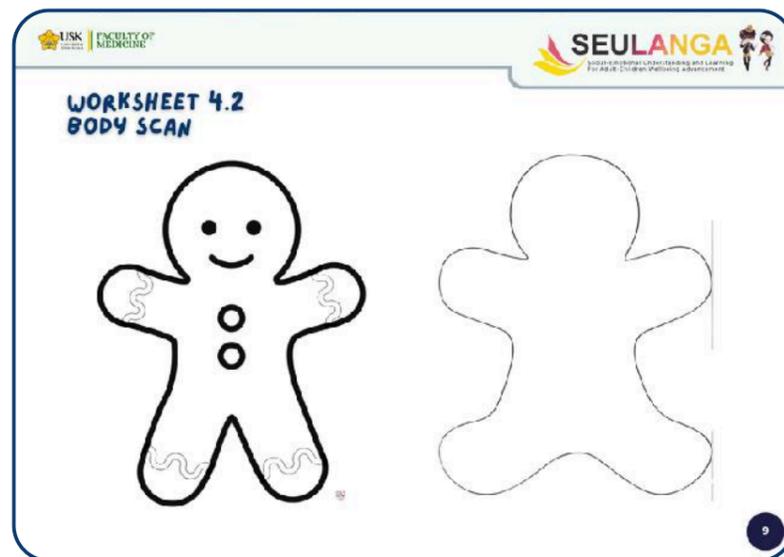
Small things

Too much work

Extreme heat/cold weather

Excessive light



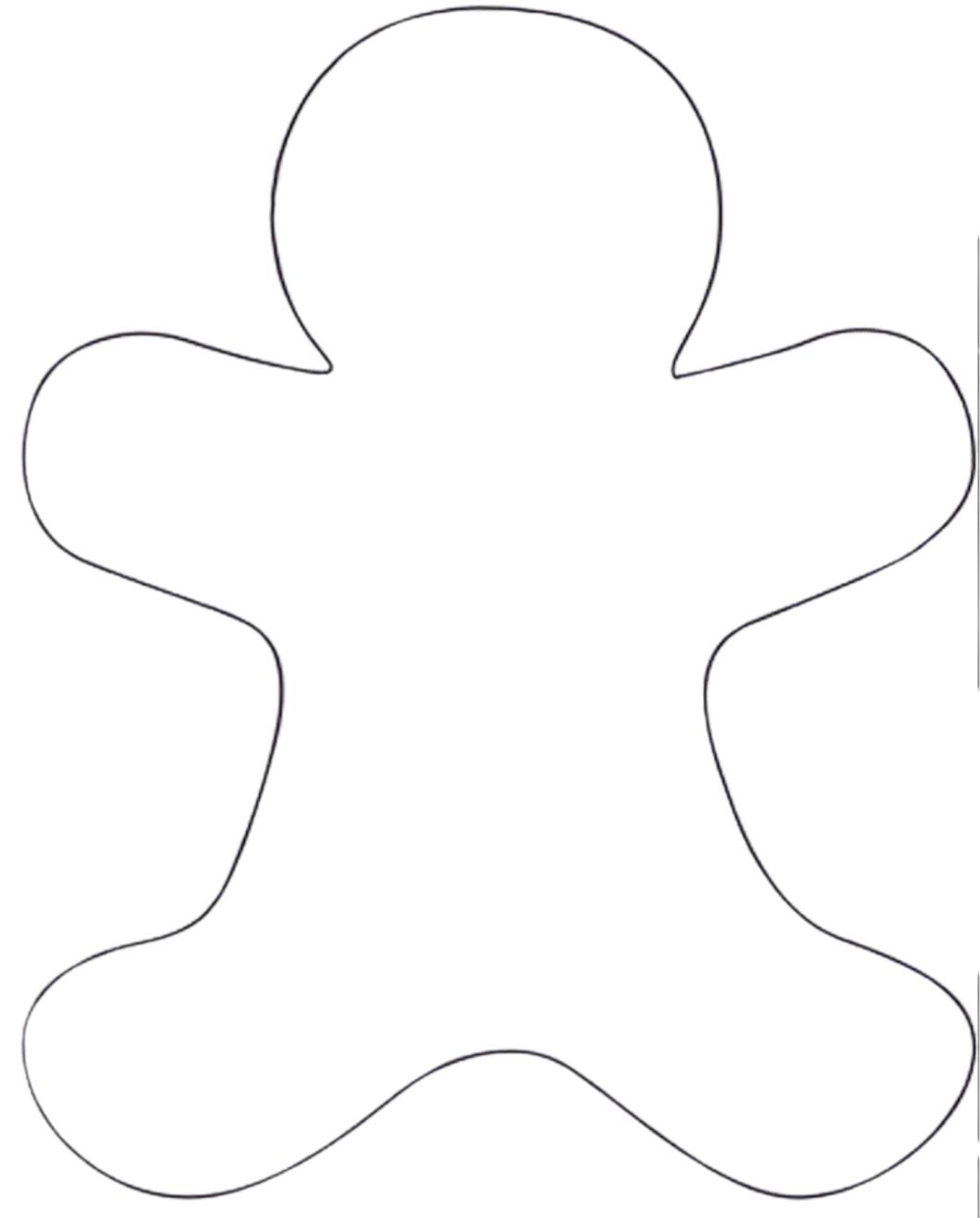


WORKSHEET 4.2 BODY SCAN INSTRUCTIONS

- At the beginning of this material, you were asked to write down the stressors you experience.
- Now, we will do a body scan activity to process those stressors.
- You are asked which parts of your body you feel stress in. Please color the parts of your body that feel stress or discomfort in the body image below with colored pencils. We can analogize the image as our body, for example, the hands in the image are like our hands, the feet in the image are like our feet, and so on.

WORKSHEET 4.2

BODY SCAN



STRESS PREVENTION STRATEGIES

So, what should we do to prevent this stress?

- **Planning activities (Time management)**

Stress occurs because of the activities we do. We can plan our activities so that they are well-organized and prepared, making them seem safe to the brain (more comfortable), whether it be studying, assignments, etc.

- **Be active and exercise**

Exercise produces endorphins, dopamine, and serotonin, which provide positive energy, reduce pain, and relieve stress.

- **Relaxation techniques**

Practice relaxation techniques such as meditation, deep breathing, or listening to soothing music.

- **Talking about problems and worries**

Although talking about your problems doesn't always solve them, it can lighten the load and make you feel calmer and more comfortable.

- **Maintain a Healthy Diet**

Eating healthy and balanced meals can help our bodies cope with stress better.

- **Get enough sleep**

Make sure you get enough quality sleep every night to restore your energy and reduce stress.

- **Set boundaries**

Learn to say no and refrain from taking on more responsibilities than you can handle.

Besides that, what else can we do?



The infographic is titled "STRESS PREVENTION STRATEGIES" and features a grid of icons and text boxes. At the top, it lists "Planning activities (Time management)", "Be active and exercise", "Relaxation techniques", "Talking about problems and worries", and "Maintain a Healthy Diet". Below these are "Get enough sleep", "Set boundaries", and "What else...?". The main grid consists of eight colored boxes, each with an illustration and a text box: "overthinking = writing" (purple), "anxious = meditating" (green), "angry = listening to music" (red), "burn out = take a break" (orange), "exhausted = a quick nap" (red), "sad = exercising" (blue), "stress = going for a walk" (yellow), and "bored = meeting friends" (blue). The USK and SEULANGA logos are visible in the top corners of the infographic.

STRESS PREVENTION STRATEGIES

Planning activities (Time management)

Be active and exercise

Relaxation techniques

Talking about problems and worries

Maintain a Healthy Diet

Get enough sleep

Set boundaries

What else...?



overthinking = writing



anxious = meditating



angry = listening to music



burn out = take a break



exhausted = a quick nap



sad = exercising



stress = going for a walk



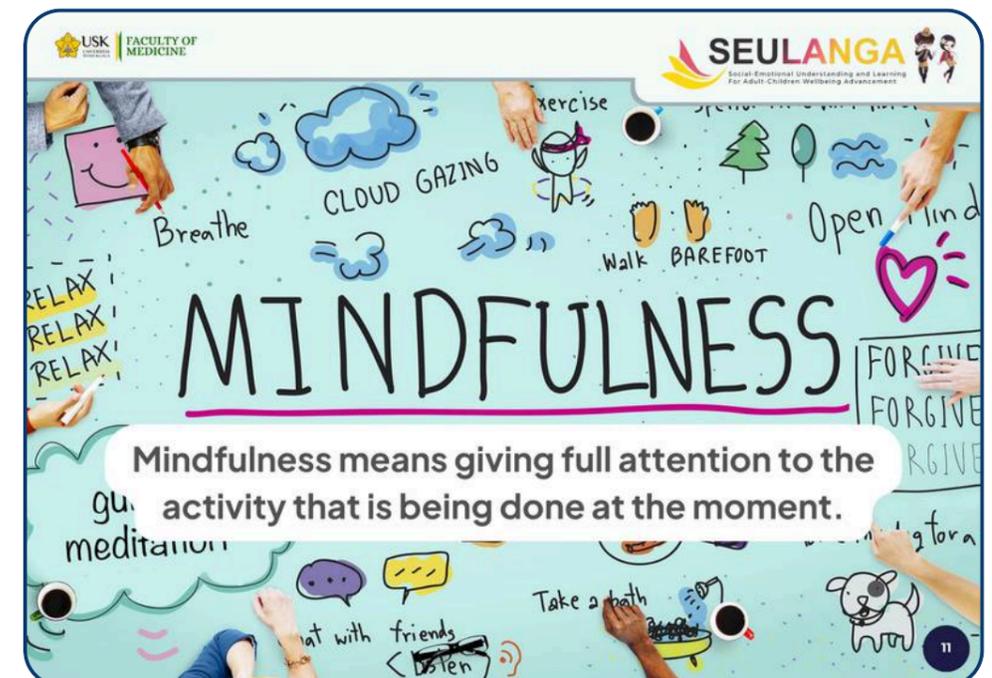
bored = meeting friends

MINDFULNESS

- Mindfulness means giving full attention to the activity that is being done at the moment.
- When someone is mindful, they focus on the present moment, trying not to think about anything that happened in the past or might happen in the future, purposefully concentrating on what is happening around them, and trying not to judge anything that happens or label things as “good” or “bad.”
- Example: when someone receives negative comments from their friends, instead of immediately believing those comments, a mindful person will think further about whether those comments are true or not. What should be done if those comments are true, and what should be done if those comments are false? Later on, when meeting that friend again, this person will not bring up old issues that have already happened.

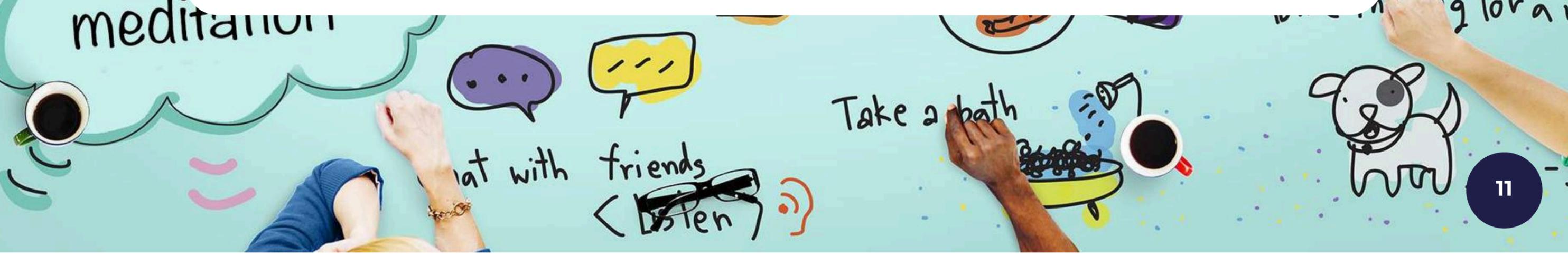
Examples of being mindful

- Pay more attention to the sensations you feel (the air you breathe, the taste of food, the texture of grass and clothing);
- Breathe slowly (relaxation exercises);
- Pay attention to your surroundings;
- Accept any thoughts that come to mind (good or bad).





Mindfulness means giving full attention to the activity that is being done at the moment.



BENEFITS OF BEING MINDFUL

- **Improving personal well-being.** Practicing mindfulness makes us healthier and happier both physically and emotionally because we see ourselves in a more positive light.
- **Improving our ability to see problems more clearly (finding the right and effective alternatives).** As we focus on what we are doing at the moment, it becomes easier to see problems objectively, enabling us to find effective solutions.
- **Being more responsive (providing appropriate and thoughtful responses).** It becomes easier to give positive and wise responses. As we are not reactive, impulsive, uncontrolled, or rushed without considering the impact, we are able to respond in a more thoughtful and considerate manner.
- **Be more focused.** Being more focused on the present moment and reducing distractions, discomfort, and anxiety.
- **Improves concentration and productivity.** Practicing mindfulness makes it easier for us to concentrate because we are more focused on the situation, thereby improving our performance.



BENEFITS OF BEING MINDFUL



Improving the ability to see
problems more clearly

Finding the right and effective alternatives



Improving personal
well-being



More responsive

Providing appropriate and
thoughtful responses



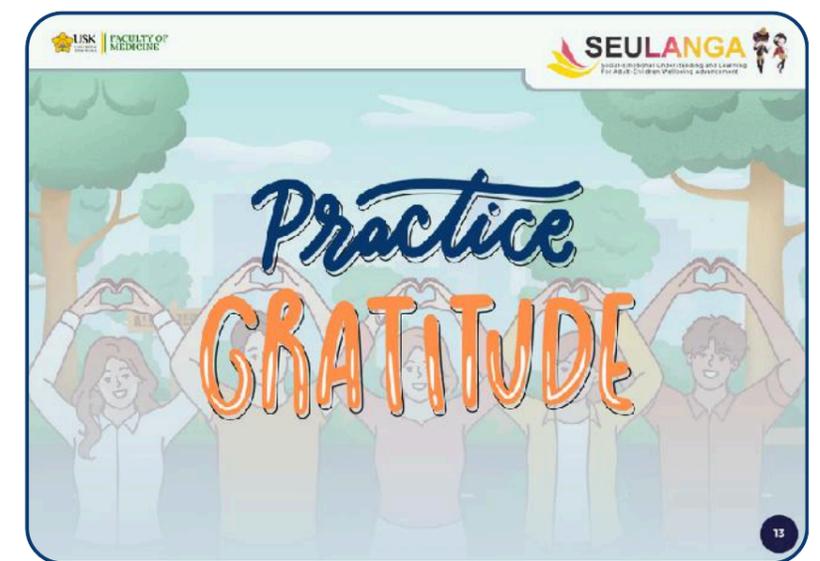
Be more focused



Improves concentration
and productivity.

GRATITUDE

- Well, besides mindfulness, we can also manage stress through **gratitude**.
- **Gratitude** is a common tendency to recognize and respond by being grateful and thankful for the kindness and benefits given by others, as well as the positive experiences and results obtained by a person.
- Gratitude can make individuals pay attention to the good things that have happened to them. Individuals can write down their thoughts about the good things they have experienced in a blank book and turn it into a gratitude journal.



Practice

GRATITUDE

GRATITUDE JOURNAL

- **Gratitude Journaling** is a writing activity carried out with the purpose of identifying positive things that individuals have experienced as a form of activity to help give meaning to their lives. This can take the form of writing down three positive things to be grateful for or three expressions of gratitude that can be directed at oneself or others, written every day.
- The practice of writing a gratitude journal can help maintain health, life goals, interpersonal relationships, optimism, energy, relationships with others, and better sleep when done regularly.
- Let's complete worksheet 4.3, the **gratitude journal**. Write down:
 - **Three positive things I am grateful for today.**
 - **Three expressions of gratitude for myself or others.**
 - **What interesting events did I experience today?**



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WORKSHEET 4.3 GRATITUDE JOURNAL

THREE POSITIVE THINGS I AM GRATEFUL FOR TODAY.

•

•

•

THREE EXPRESSIONS OF GRATITUDE FOR MYSELF OR OTHERS.

INTERESTING EVENTS I EXPERIENCE TODAY

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WORKSHEET 4.3

GRATITUDE JOURNAL

THREE POSITIVE THINGS I
AM GRATEFUL FOR TODAY.

-
-
-
-
-
-

INTERESTING EVENTS I EXPERIENCE TODAY

THREE EXPRESSIONS
OF GRATITUDE FOR
MYSELF OR OTHERS.

SELF-LOVE

- **Self-love** is a condition in which a person values themselves, as seen in actions that support physical, psychological, and spiritual growth. Loving yourself means having a high regard for your own well-being and happiness. Loving yourself means paying attention to your own needs and not sacrificing your own well-being to please others.

How to do it:

- Avoid negative self-talk or thoughts. Create a personal ritual.
- Take time out from your busy day for a self-care ritual, whether it's loving your body by exercising or loving your mind by meditating.
- Set healthy boundaries.
- Be kind to yourself.
- Allow space for self-reflection.



The infographic features the USK Faculty of Medicine and SEULANGA logos at the top. It includes illustrations of three people with speech bubbles saying "love myself", "I am special!", "I am unique", and "I am proud of myself". The central text reads "SELF LOVE" surrounded by flowers and hearts. Below this, a definition states: "Self-love is a condition in which a person values themselves, as seen in actions that support physical, psychological, and spiritual growth." A box titled "How to do self-love" lists: "Avoid negative self-talk or thoughts.", "Take time out for a self-care ritual.", "Set healthy boundaries.", "Be kind to yourself.", and "Allow space for self-reflection." A small circle with the number "15" is in the bottom right corner.



Self-love is a condition in which a person values themselves, as seen in actions that support physical, psychological, and spiritual growth.

How to do self-love

Avoid negative self-talk or thoughts.

Take time out for a self-care ritual.

Set healthy boundaries.

Be kind to yourself.

Allow space for self-reflection.

LOVE LANGUAGE

Words of Affirmations

- Daily affirmations
- Journal
- Love letters to yourself
- Reading positive quotes
- Self-love meditation

Quality time

- Going for a walk alone
- Doing your favorite hobby
- Meditating
- Spending time in nature
- Taking time for yourself

Giving Gifts

- Buy snacks for yourself
- Invest in yourself and learn new skills
- Treat yourself to gifts
- Buy skincare products

Physical Touch

- Getting a massage
- Skin care routine
- Lounging under the blanket
- Stretching
- Warm bath

Acts of Service

- Cleaning the bedroom
- Reducing a heavy workload
- Finishing tasks early
- Cooking delicious meals for yourself

Let's check the results of last week's love language quiz....
What is **your love language**?

LOVE LANGUAGE

- Physical Touch**: Showing affection through physical touch, including when feeling happy and proud. Holding hands and hugs.
- Giving Gifts**: Showing affection or joy by giving gifts. Gifts for birthdays, graduation, farewells, or without any particular celebration.
- Quality Time**: Really value the time spent together. Study together, play games, deep talk.
- Word of Affirmation**: Words spoken to or from others make a deep impression. Expressions of affection, expressing pride, giving encouragement.
- Act of Service**: Feeling happy when appreciated while being treated or serving others. Assisting with their work, carrying their belongings, offering help.

LOVE LANGUAGE



Physical Touch

Showing affection through physical touch, including when feeling happy and proud.

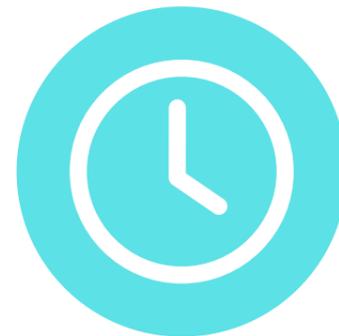
Holding hands and hugs.



Giving Gifts

Showing affection or joy by giving gifts.

Gifts for birthdays, graduation, farewells, or without any particular celebration.



Quality Time

Really value the time spent together.

Study together, play games, deep talk.



Word of Affirmation

Words spoken to or from others make a deep impression.

Expressions of affection, expressing pride, giving encouragement.



Act of Service

Feeling happy when appreciated while being treated or serving others.

Assisting with their work, carrying their belongings, offering help.

FINGER RELAXATION

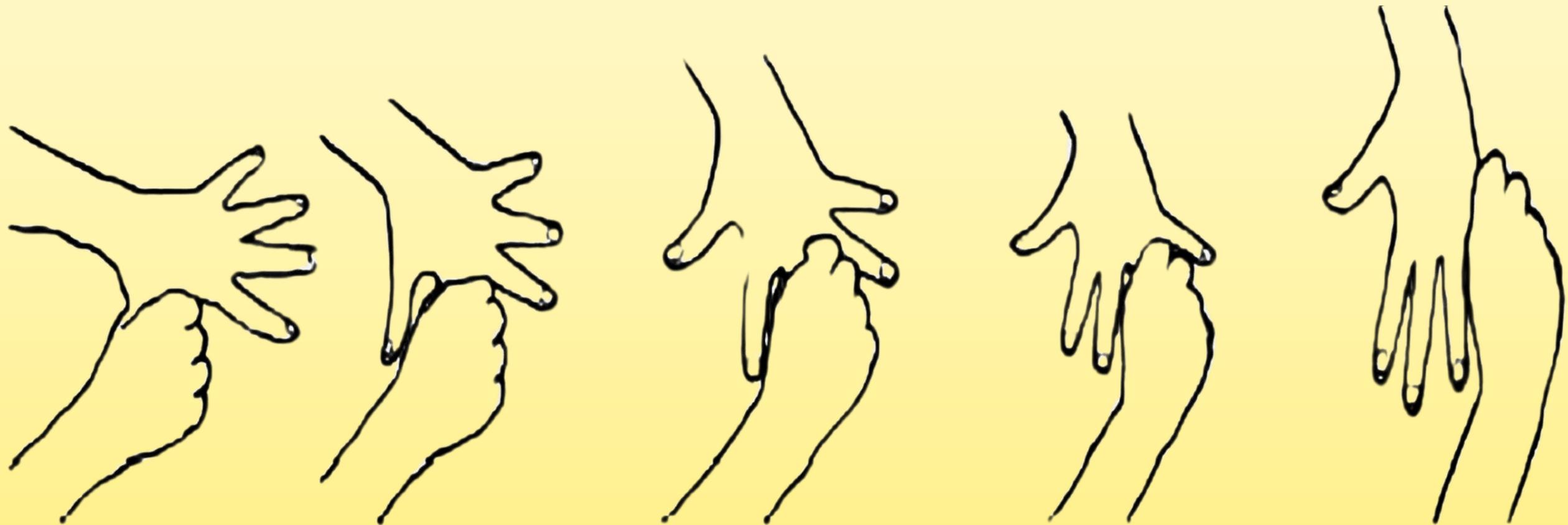
“Now let's do some finger relaxation exercises...”

Instructions

- “When clenching our fingers, we often feel quite strong pulses in each finger. This indicates an emotional imbalance, causing energy pathways to become blocked and unbalanced. When the blocked energy begins to flow freely, the pulses in each finger will soften and we will feel calmer and more balanced.”
- “Now grasp each finger one by one as shown in the picture below, starting with the thumb. Once the pulses become lighter, you can move on to the next finger in sequence.”
- “How do you feel after doing the relaxation exercise? Would anyone like to share their feelings?”
- “The activities you have been doing are one way to manage stress well. In everyday life, it is inevitable that we will face many demands, both as a child, as a student, and as a friend. These demands will inevitably cause stress to a greater extent. If stress continues to build up, it will eventually explode and cause unwanted things to happen. One way to cope with stress is to process it properly, such as by practicing activities like the ones mentioned earlier, which also involve mindfulness. Hopefully, you can incorporate this mindfulness into your daily life.”



FINGER RELAXATION





GRATITUDE JOURNAL ASSIGNMENTS

- “After this session is over, you are asked to do the following assignment” (it can be done at home later).
- “The assignment is about Gratitude Journal, please open Worksheet 4.4 in your workbook.”
- Write down:
 - What are you thankful for today? And why?
 - What things have you done for yourself that make you happy?
 - What things are you looking forward to in the future?
- Please fill this out at home and we will discuss it at our next meeting.

WORKSHEET 4.4 GRATITUDE JOURNAL

Today, I am thankful for...

Because...

I'm glad I did this for myself...

I'm really looking forward to...



LET'S EVALUATE!

After the activities and discussions that have been carried out, let's have a look back:

- **What is stress?**
- **What are the signs that we are stressed?**
- **What can we do when we experience stress?**
- **How can we avoid stress?**
- **Or when we experience stress, how can we overcome/reduce it?**

Alhamdulillah...



LEARNING EVALUATION



IMPLEMENTATION NOTES

- “After the activities and discussions we have done today, what are some things we can start to implement in our daily lives?” (give students a chance to respond)
- “When we feel headaches and body aches, are easily tired, irritable, and unfocused, we may be stressed and need to recognize it. What can we do? Improve our sleep schedule and diet, exercise regularly and organize our activities, or take a break.”
- “When we face difficult situations, we still need to focus on our goals and maintain a positive mindset. If it turns out to be difficult to do, we need to think more about and be grateful for the things we already have, instead of what we don't have. This will help us appreciate and love ourselves more, for all the hard work we've done so far. Alhamdulillah, we are AMAZING”
- “Can we start doing this? When should we begin? Bismillah...”
- “Masha Allah, you all are amazing!”

ACKNOWLEDGEMENT

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