**Personal Growth (Grade 10)**

Learning Target: I can describe 3 different techniques to relieve stress

**Activity III:** Stress Relievers

* Read through each of the stress relievers below
* Practice a few and discuss with a partner (or a group)
* **Deep Breathing**

1. Sit in a comfortable position
2. Take a long deep breath and count to 5
3. As you exhale on the count of 5, imagine breathing out the tension
4. As you breathe in, imagine breathing in relaxation

* **Stretching**

1. Sit or stand
2. Pull one muscle at a time, as far as you can
3. Stretch your arms, legs, and body

* **Venting**

1. Find someone you trust
2. Explain to them that you need to vent (not about them)
3. Describe your frustrations to them. Do not hold back.
4. Talk with the person so your frustrations do not build up

* **Meditating:**

1. Sit in a comfortable position and close your eyes
2. Focus on your breathing and where the air goes as it move in and out of your body
3. Remove all thoughts except the thoughts about what your body is doing

* **The Bubble Technique**

1. Close your eyes and sit quietly
2. Imagine yourself floating underwater with air to breathe (and no tension)
3. Picture your thoughts inside of air bubbles
4. Watch those bubbles float away

* **The Sandbag Technique**

1. Close your eyes and sit quietly
2. Imagine yourself in a hot air balloon that is still on the ground
3. Inside the basket with you are bags of sand that represent your worries
4. As you toss each bag out of the basket onto the ground, the balloon begins to lift up.
5. When all the bags are gone, you are floating free with no worries
6. Return when you are ready

* **Writing**
  1. Take a small amount of time to sit and write
  2. Write about things that are bothering you
  3. Write as the thoughts come to your mind. Do not stop writing
  4. Write about how those things make you feel
* **Engaging** in [Yoga](http://www.webmd.com/fitness-exercise/yoga), [tai chi, and qi gong](http://www.webmd.com/fitness-exercise/tai-chi-and-qi-gong).

Reflection

1. Which techniques were the most helpful?
2. Did other people find other techniques helpful? If so, which ones?
3. Are there any techniques you would like to try on your own time? If so, what are they?