



WHAT STRESSES YOU OUT?

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have students take turns sharing in one word something that makes them feel stressed, going for as long as time allows.
- Keep time for the activity by snapping your fingers or clapping your hands for a paced beat. Option to have the class join you in setting the beat.
- Encourage distance learners to join in from home.

Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today's Brain Play is "What Stresses You Out?" We are going to take turns sharing something that makes us feel stressed. But here's the catch – we'll use just one or two words to say what that is! I'll keep pace to make sure we work quickly. Don't stress! We'll each get more than one turn to say what "stresses us out!"

Excellent brain playing, everyone.



WHAT STRESSES YOU OUT?

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that chronic stress, where we are stressed on an ongoing basis, may impair memory. But, there are many ways we can reduce stress for healthier living. The first step is identifying what triggers your stress.

BUILD YOUR BRAIN

In 3 minutes, list as many things as you can that make you feel stressed in just one or two words. Then, give yourself a minute to relax with a deep breathing exercise.

Start your clocks...and go!

WHAT STRESSES YOU OUT?

NOW TRY RELAXING: Now that the clock has stopped, try relaxing with a series of deep breaths. With eyes closed, breathe in deeply. When you're full of air, try adding one last sip of breath to top off your lungs. Then slowly release your air to the count of 5. Repeat 3x. Ahhh!