

Goodbye



A students project from the
vocational school of occupational therapy
in Reutlingen, Germany

for the
ENOTHE Annual Meeting
“Year of Development”
Rusé, Bulgaria 2015

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Questions related to stress

- What is the definition of stress?

- How can we encourage students to deal with the issue of stress?

- How can occupational therapists intervene and do their part?

Ideas for a project

stress
is a daily
companion

stress has
many
consequences

people have
to deal with
stress at a
young age

Goal of our
school project

- making students aware of the topic “stress”
- individual approach to stress relieve



Project facts

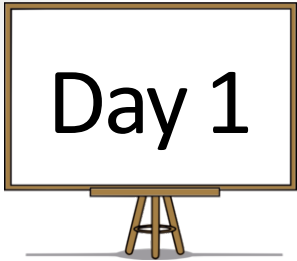
In a mixture of group and individual work, students were asked to reflect on questions, participate in activities and talk about their stress experience. The collected input was structured and then discussed among the group.

Place: Secondary School Reutlingen

Period: 3 x 90 min on three different days

Age of students: 13-15 years (grade 8)

Number of students: 15



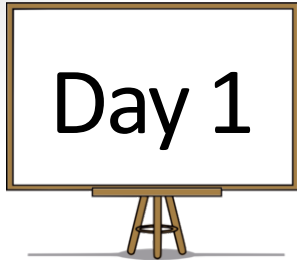
Exercise 1: What is causing stress in your life?

→ 12 students reported:

- disputes
- school, exams
- family, daily life
- dissatisfaction (with themselves)

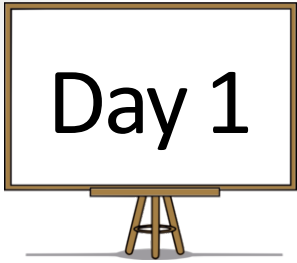
→ 3 students reported:

- no stress exists



Exercise 2: How does stress affect you?

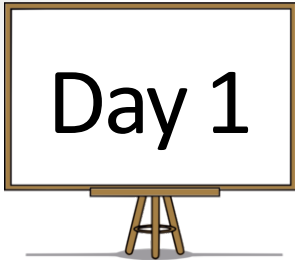
behavior	trembling (5) sleeplessness (4) loss of appetite (3) bad temper/ aggression (1)
physical reaction	insecurity (4) headache (3) helplessness (1) restlessness/ impatience (1) nausea/ sickness (1)
thoughts	dissatisfaction (4) Troubled thoughts (3) thinking barriers (2)
feelings	grief (3) racing heart (3) nervousness (1)



Exercise 3: barometer of stress

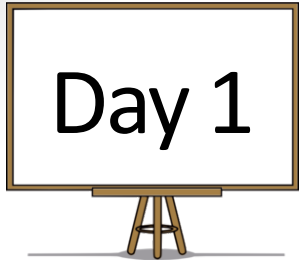
- I am stressed prior to an exam.
- I am stressed when I have to do a presentation in front of the class.
- I am stressed when I am missing class.
- I am stressed when there is fighting at home.
- I am stressed when I am fighting with my friends.





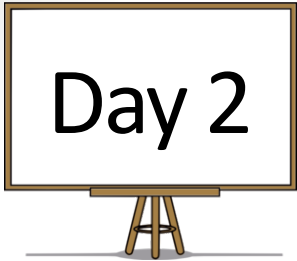
Exercise 4: stress prevention

Friends and Family:	<ul style="list-style-type: none">• having trustful relationships• talking to friends and family about problems
Sports:	<ul style="list-style-type: none">• kickboxing• running
Leisure time, regeneration:	<ul style="list-style-type: none">• sleeping• going outside• spending time in nature• being alone
Planning:	<ul style="list-style-type: none">• study plan• to-do lists• weekly schedule



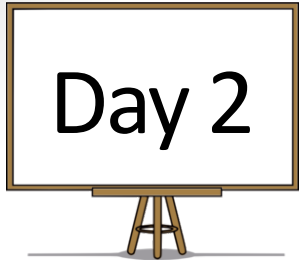
Evaluation of Day 1

- Stress exists
- Different physical and emotional symptoms
- Students are open to talk about stress



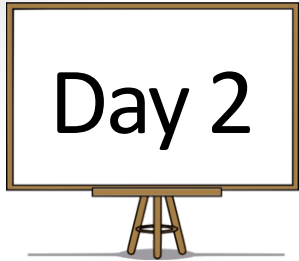
Most important causes of distraction:

- interruptions by family or friends
- electronic gadgets
- inadequate space for studying
- inattention



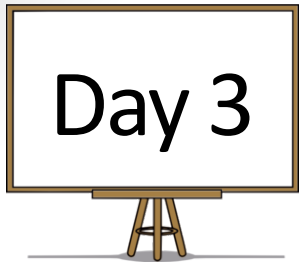
Developing a daily schedule:

- Input: story about a teenager
- Discussion
- Developing a personal daily schedule
- Goal:
to train a sense of time + structure a daily schedule

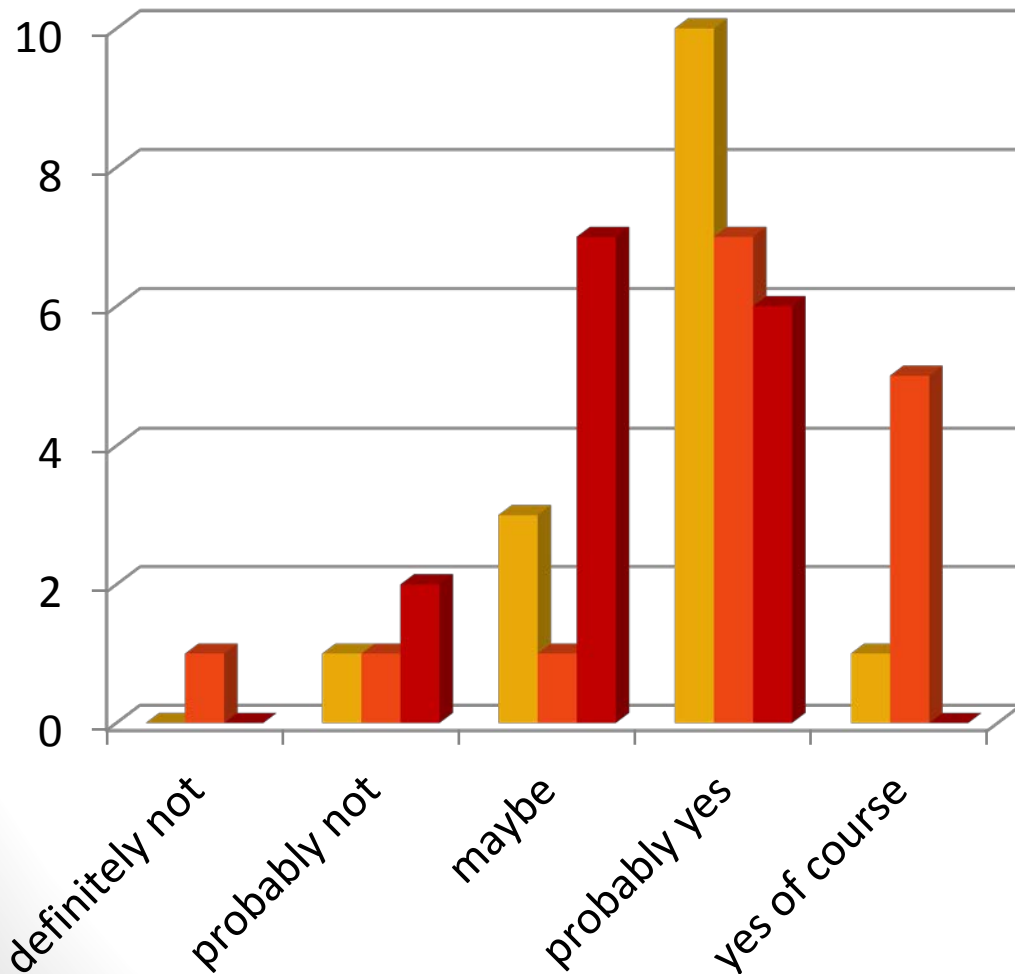


Evaluation of Day 2

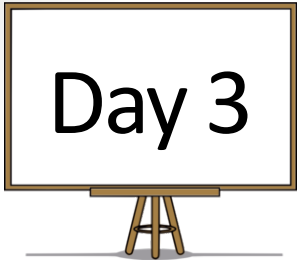
- Defining personal priorities & exchange experiences
- Organize a daily routine & create an overview



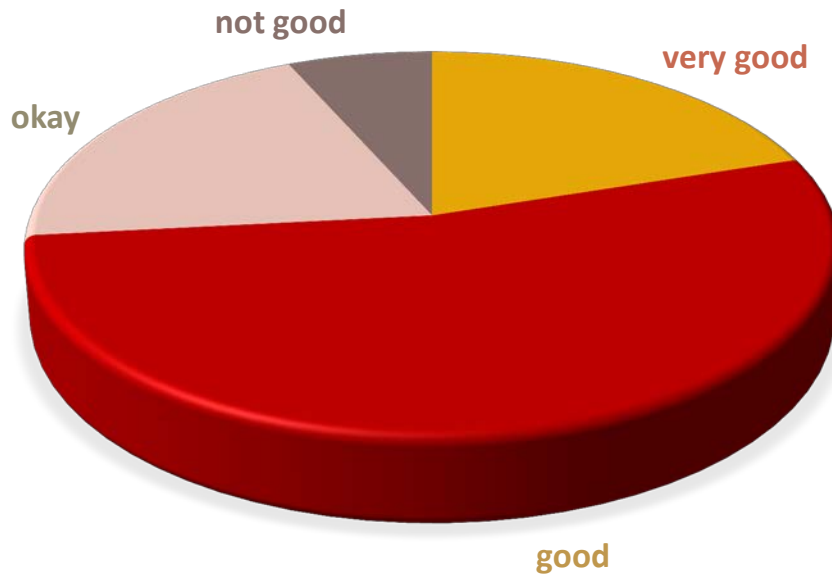
Summary of the Evaluation Sheet „Goodbye Stress“

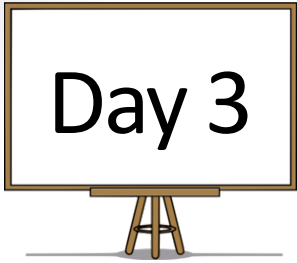


- Have you learned something?
- Were the topics interesting?
- Will you adopt ideas from the project?



How do you evaluate the whole project?





Summary Day 3

- **Positive** student rating
- Students especially liked **games, practical exercises and theoretical parts**
- Creation of a **poster** as a reminder of the content

Reflection on the project



- additional time for the project would have been useful
- very good cooperation with school
- school would gladly participate in further cooperation

Outlook & the role of occupational therapy

- stress prevention & coping with stress
→ to be adressed at schools
- **new field** for German occupational therapists
- Occupational therapist
→ trained to look at daily life and the priorities of their clients

References

Stangl, Werner (2006):

<http://entwicklungspsychologie.stangl.eu/stress.shtml>

(online on: 12.08.15, 14:45)

Beyer, Anke (2006): Stressbewältigung im Jugendalter, Hogrefe Verlag, Göttingen



Less slides,
less stress...

Thank you for your attention!

Any questions?