

**FALCONS** are Open-minded, Inquiring, Communicating, Reflecting



Attendance: **You matter**

Attitude: **Actions matter**

Academics: **Learning matters**

Monday, Nov. 7, 2022

MP 3



*Falcons inquire about stress and how to self-manage.*

**IB INQUIRY: HOW DOES UNDERSTANDING STRESS SHOW THAT LEARNING MATTERS?**

- 1) What is stress?*
- 2) How does our body respond to stress?*
- 3) What are some ways to get rid of our stress?*
- 4) What will you do to reduce and manage your stress better?*



[Video Link \(4:40\)](#)



*Falcons inquire about stress and how to self-manage.*

IB INQUIRY: HOW DOES **UNDERSTANDING STRESS** SHOW THAT **LEARNING MATTERS**?

- 1) *What is stress?*
- 2) *How can it affect you?*
- 3) *What are some ways to cope with stress?*
- 4) *What strategies will you use to manage your stress?*



[Video Link \(7:16\)](#)



*Falcons reflect on how to self-care.*

IB INQUIRY: HOW DOES **SELF-MANAGEMENT** SHOW THAT OUR **ACTIONS MATTER?**

- 1) *What lessons can you learn from the speaker's experience in SCUBA diving that can provide guidance in how we handle stressful situations?*
- 2) *What is the key to breaking down psychological stress?*
- 3) *Reflect on how you tend to manage stress in your life. How can you apply some of the concepts discussed in the videos to further help you reduce or manage the stress in your life?*



[Video Link \(11:56\)](#)



*Falcons reflect on how to self-care.*

IB INQUIRY: HOW DOES **TAKING CARE OF OURSELVES** SHOW THAT OUR **WE MATTER?**

- 1) *How does this Ted Talk change your perception of stress and how harmful it is to your health?*
- 2) *How does changing your mind about stress change your body's reaction to stress?*
- 3) *How can you apply what you've learned here to your management of stress?*



[How to Make Stress Your Friend \(14:29\)](#)