



Hi!  
My name is  
**Coach Songe**



Hi!  
My name is  
**Nurse Kisuli**



Welcome!  
My name is  
**Mrs. Mbatia**





## Host: Mrs. Mbatia

Morning Everyone!  
Welcome to Ubora High's  
Webinar on **Managing Stress!**

After my sessions with  
Form 1's last year,  
I learned that with the kids  
Sometimes all they need are  
the right **tools**  
And someone to **listen**.



Before we kick off,  
I'd like to introduce  
the other panelists,  
**School Nurse, Yvonne Kisuli**  
**Basketball Coach Victor Songe!**



Thanks Mildred!  
It's great to be here!  
I'm looking forward to  
sharing some tips  
I picked up from working  
with the students


**Nurse Kisuli**

Yes, thanks Mildred!  
It's been tough on  
everyone, but I have some  
manoeuvres which could  
help you all with the kids  
on and off the court!



**Coach Songe**



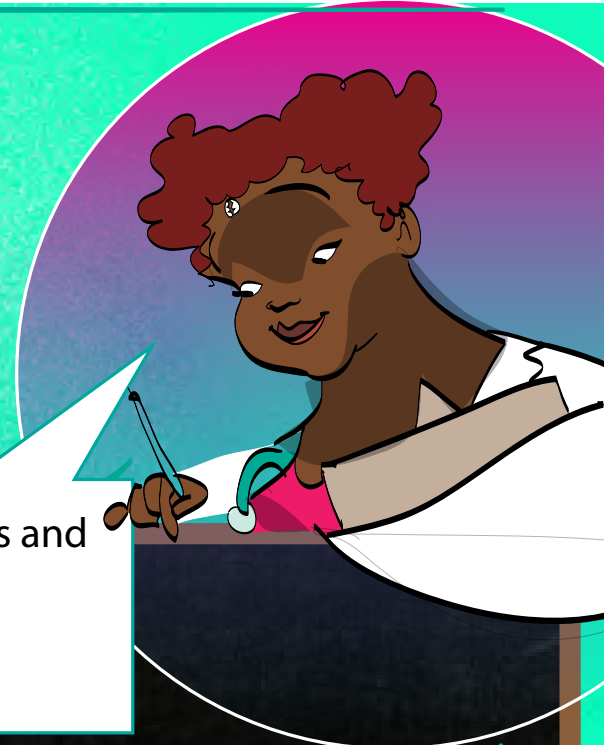


Stress is defined as bodily or mental tension. It occurs on a daily basis and can be healthy.

For example, stress can motivate someone to get their work done on time.

At times, stress can be overwhelming.

Too much stress can seriously affect your physical and mental well-being.



There are many symptoms of stress including feelings, thoughts, behaviors and physical symptoms. Read the list below and see if any of them might apply to you or someone you love - maybe you are stressed and do not even know it!

FEELINGS	THOUGHTS	BEHAVIOURS	PHYSICAL SYMPTOMS
Anxiety	Self-criticism	Stuttering	Tight muscles
Irritability	Difficulty concentrating or making decisions	Difficulty speaking	Cold or sweaty hands
Fear	Forgetfulness or mental disorganization	Crying	Headaches
Moodiness	Preoccupation with the future	Acting impulsively	Back or neck problems
Embarrassment	Repetitive thoughts	Fighting	Sleep disturbances
Anger	Fear of failure	Nervous laughter	Stomach aches
Shame		Yelling at friends and Family	More colds and Infections
Sadness		Grinding teeth	Fatigue
		Jaw clenching	Rapid breathing
		Increased smoking	Pounding heart
		alcohol or drug use	Shaking hands
		Accident prone	Dry mouth
		Changes in appetite	



Stress is unique and personal to each of us.

What is relaxing to one person may be stressful to another.

There are many ways to manage unhealthy stress.

Everyone needs to find ways **that work best for them.**





**1. Take a Deep Breath.** Try taking a minute to slow down and breathe slowly.

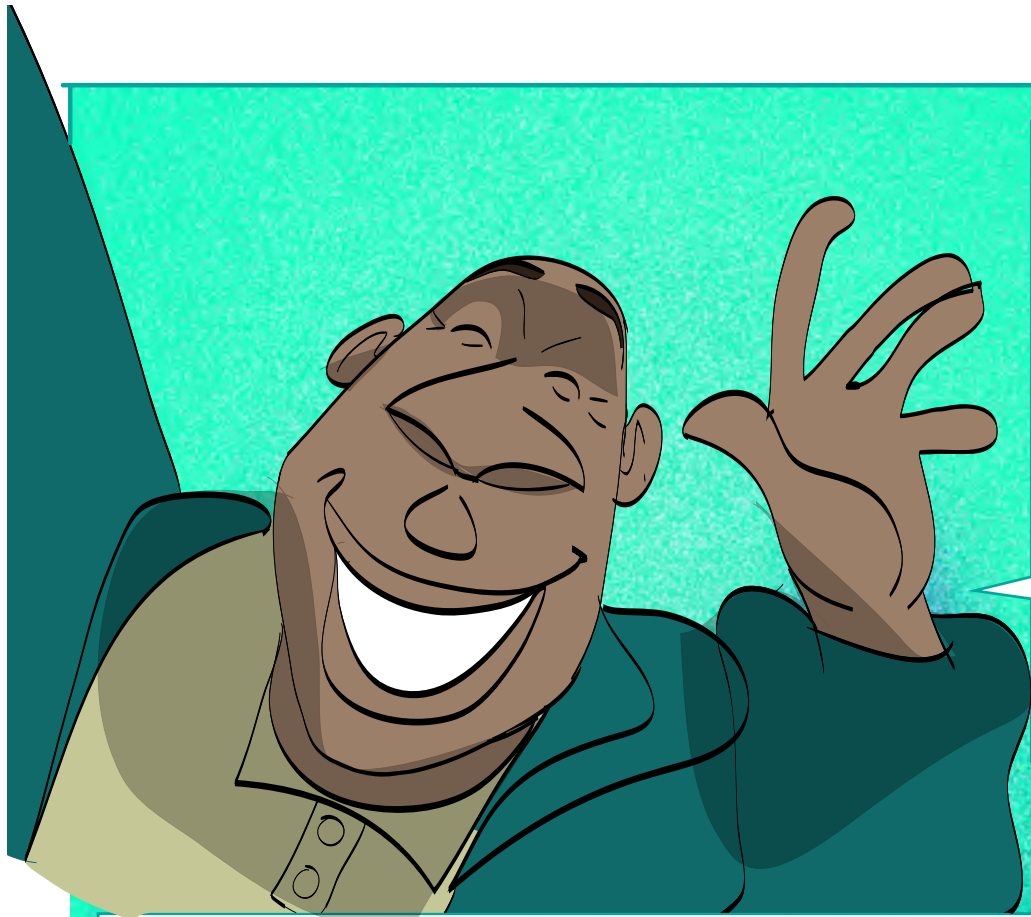
Breathe in through your nose for four counts and breathe out through your mouth for eight counts. Inhale enough so your lower abdomen rises and falls.

**2. Talk It Out.** Keeping feelings inside can increase stress. Share your feelings. Perhaps a friend, family member, teacher or church leader can help you see your problem in a new way. Talking with someone else can help clear your mind of confusion. Even if it is embarrassing, asking for help soon may avoid serious problems later.



**3. Laugh & Cry!** Maintain your sense of humour, including the ability to laugh at yourself. Share jokes and funny stories with your friends. Laughter is good for you! And have a 'Good Cry'! It is normal for people of all ages to cry. A good cry during stressful times can be a healthy way to bring relief to your stress. However, crying daily can be a sign of depression.






**4. Move!** Physical activity can help reduce and prevent stress. Try to find something you enjoy and make regular time for it. Running, walking or dancing can be done *anywhere!* Working in the garden, cleaning or playing with younger children can re-energize you!

**5. Know Your Limits.** When in a stressful situation, ask yourself: is this my problem? If it isn't, leave it alone. If it is, can you resolve it now? Once the problem is settled, do not agonize over the decision, and try to accept situations you cannot change.



**6. Look for the Good Things Around You.** It is easy to see only the negative. Your thoughts can become like a pair of dark glasses, allowing little light or joy into your life. Decide to notice five good things around you every day. Even small positive events can add up and provide a big lift to your energy and spirits.






**7. Must You Always Be Right?** Do you get upset when things don't go your way? Consider cooperation or compromise rather than confrontation. It may reduce the strain and help everyone feel more comfortable.

**8. Take Care of Your Body.**

Healthy eating and adequate sleep fuels your mind as well as your body. Avoid too much tea, coffee and sugar as these can cause hypertension or diabetes. Well-nourished bodies are better able to cope with stress.



**9. Manage Your Time.** Plan ahead and make a realistic schedule. Trying to take care of everything at once can seem overwhelming. Instead, make a list of what you have to do, then do tasks one at a time starting with the most important ones first. If a very unpleasant task faces you, do it early in the day and get it over with.



# Managing Anger

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems.

Anger ranges from mild irritation to intense rage. Like other emotions, it causes physical changes.

When you get angry, your heart rate, blood pressure and energy levels go up.

Find out what makes you angry, and then develop ways to keep those things from making you angry.







# Tips for anger management



1.  
Expressing



2.  
Channelling



3.  
Calming

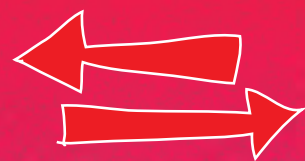
People deal with their angry feelings in different ways. The three most common approaches are **expressing**, **channelling**, and **calming**.



**1. Express** your angry feelings in an assertive, not aggressive manner. Make clear what your needs are, and how to get them met without hurting others. Being assertive doesn't mean being pushy or demanding. It means being respectful of yourself and others.



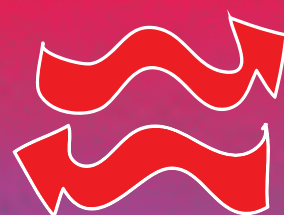




2.

## Channelling

Channel your anger into something positive to convert it into more constructive behaviour. If anger is not allowed out it can cause physical and emotional harm.



3.

## Calming

Calm down inside by controlling your behaviour and your internal responses. You cannot get rid of, or avoid, the things or the people that make you angry, nor can you change them, but you can learn to control your reactions.



# Time Out!

- Ask yourself: Will this matter in five years? You may see things from a calmer perspective.

- Acknowledge that it is frustrating and understandable to be upset.

At the same time, it is not the end of the world and getting angry is not going to fix anything.

- Think about whether you have ever done the same thing to someone else, even if by accident.

- If someone hurt your feelings, ask yourself if the person did it on purpose. In many cases, you will see that they were just careless or in a rush, and really did not mean you any harm.

- Try counting to ten before saying or doing anything in response. This may not address the anger directly, but it can minimize the damage you will do while angry. Or try counting to ten with a deep slow breath in between each number. Deep breathing helps people relax.

- Imagine a relaxing experience. Close your eyes, and travel there in your mind.

- Non-strenuous physical activities, like walking, can relax your muscles and help you feel calmer.

- Give yourself time and space. Physically move away from situations that make you angry.

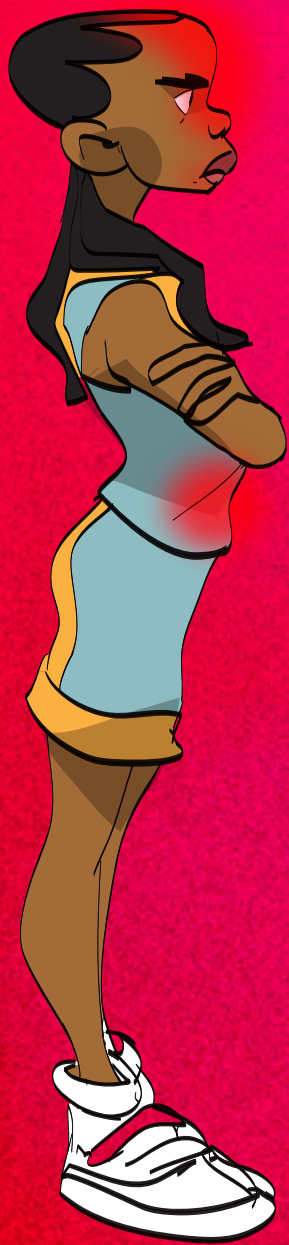




# Resolving Conflict

## Understanding Conflict

Conflict is natural and happens in almost every relationship. Since conflict is unavoidable we must learn to manage it. Conflict is an opportunity for growth, new understanding and improved communication. We face conflicts with people who think and act differently than we do. It is normal for people to disagree, but it is important to resolve these disagreements in a constructive and healthy way.



## Expressing Feelings

An "I" statement is a useful way to share your opinion or perspective without placing blame on someone else.

For example, instead of saying, "You made me feel angry" you can say, "I feel angry."

Using an "I" statement is a constructive way to convey your message without making any demands.

"I" statements should be clear, concise and free of judgment.





## Commit to listen to each other and solve the conflict

- Aim for **mutual satisfaction**, not victory. Conflicts don't have to end with a winner and a loser

- **Be creative.** Finding a solution that satisfies everyone requires creativity and hard work. Be careful not to give in simply to avoid conflict or maintain harmony.

- **Be specific.**

Write things down and clarify unclear words that may be understood differently.

- Use "I" statements

- **Observe** the situation and step in to help if they are unable to reach an agreement

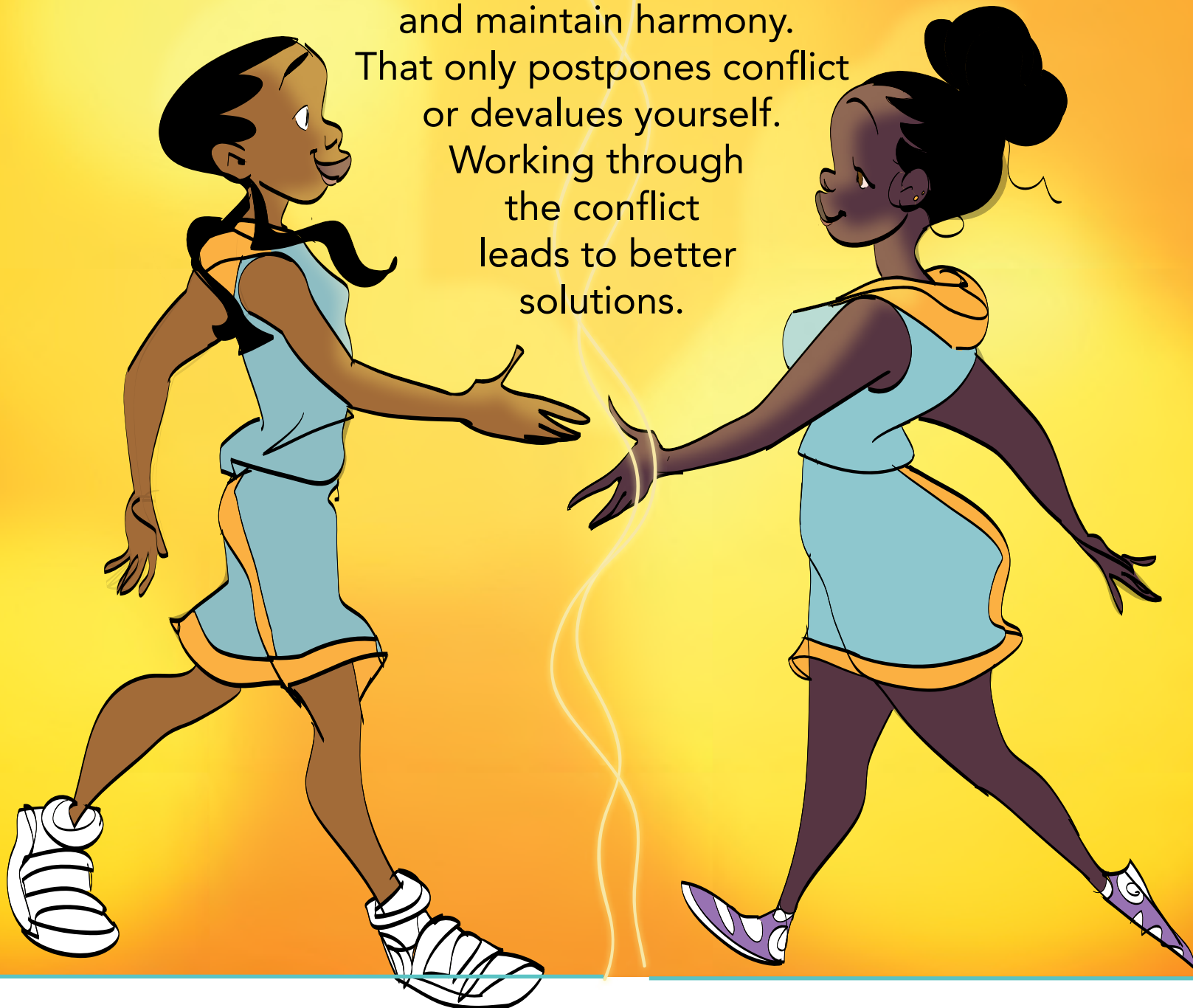
- **Leave** the situation if you are unable to control your anger

### Resolve.

Don't give up.

Try to not give up and give in just to avoid conflict and maintain harmony.

That only postpones conflict or devalues yourself. Working through the conflict leads to better solutions.





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Thanks for coming to our  
webinar on **managing stress**,  
everyone!

Please join the conversation  
on our **Social Media Handles**  
and we'll respond to them  
In real time until  
we release our next issue!

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Until  
next time!

Until  
next time!

**zana**  
AFRICA

Nato Studios