centrs marta

How does my stress look?

CENTRS MARTA



N° of pax 2-10

indoors

40-80 mins
The size of the group affects the length of the task.

coaching & mental well being

bodywork

PURPOSE

- To understand and learn more about personal perception and the current state of stress.
- To understand the purpose of your stress.

MATERIALS

Room with many things – pencils, toys, cards, games, food, paper – things from which participants can choose.

PREPARATION

Prepare a room with many objects that participants can choose from. Set a circle of chairs.

INTRO

This is an activity that allows us to discuss what stress means for us, how we feel about our stress and why we need it.

HOW DOES MY STRESS LOOK?

STEPS

1. Start with a discussion. In a circle ask everybody to share – how do they feel stress, for how long stress is in their lives, how do they feel about their stress and how does their stress affect them.

2. Explain that now participants need to find in the room or outside a symbol for their stress and bring it with them. Everybody needs to present their stress and tell why their stress looks like that.

3. Ask everybody to imagine that this room represents LIFE. Ask them to place their stress somewhere in the room and then place themselves in the room according to that object. Ask them to think about how their and others' stresses make them feel.

4. Invite everybody back in the circle but leave stress symbols where they are. Reflect on the exercise. Ask how they felt while doing the LIFE representation, and how did their and others' stresses affect them.

5. Ask to put the stress symbols away.

REFLECTION

- What is the purpose of stress in life? Can life be lived without stress at all?
- When your stress has been helpful to you/or created challenges?
- How can one change their feelings/attitude towards stress?

COMMENTS

You can use only some parts from this exercise.

Activity can have a follow-up with an extra step:
Invite everybody to imagine that they are stressed. Ask them, the participants stress, to give a promise to their humans. For example – "I, the stress of the group leader, promise that I will protect my human from bad things".