



# WORK CARD 5

## STRESS - A DANGER TO OUR CONCENTRATION



It is important for the educator to emphasize that the ability to concentrate can be developed and strengthened through systematic activities and a conscious approach. Encourage participants to engage and practice concentration techniques in their daily lives to achieve the desired results.

Remember that different groups may have different preferences and needs, so it is worth adapting activities and tools to the nature of the group and the topic of the training. It is also important to monitor participants regularly and adjust activities during training to maintain concentration and engagement.

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere. Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.

### STEPS:

**1**

#### EXPLANATION OF THE CONCEPT OF STRESS:

- Ask participants to define stress according to their own experiences and understanding of the concept and feeling of stress.
- Share a brief definition of stress and discuss its main features
- Encourage participants to discuss how stress affects their lives and group work.



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How we respond to stress is our own choice.

- Why do we react the way we do?
- Maybe because no one taught us to react differently?
- Maybe because no one showed us how to deal with stress?
- How many times have you heard "Don't stress", "what are you worried about", "don't overdo it", etc.

It's not stress that harms us, but the way we react to difficult situations. Sometimes it happens that we have no influence on certain situations. In this task, think about what you are angry about, what triggers strong emotions in you.

2

## **IDENTIFICATION OF STRESS SYMPTOMS:**

- Ask participants to write down individually the symptoms they feel when they experience stress.
- After collecting information, ask them to share their observations in pairs or small groups.
- Encourage participants to compare and discuss similarities and differences in stress symptoms.

3

## **REFLECTION ON THE IMPACT OF STRESS ON OUR CONCENTRATION:**

- Ask participants to think about and answer the following questions:
  - How can stress affect concentration?
  - In what situations can stress be beneficial and when can it be harmful to us?
  - What are the possible consequences of improper stress management for our failure to respond to stressful factors?

4

## **WAYS OF MANAGING STRESS:**

- Ask participants to list different stress management strategies and techniques.
- Encourage them to share their experiences using these strategies in the context of concentration, the process of focusing.
- Discuss sample techniques, including: relaxation techniques, breathing techniques, healthy communication, time management, etc.

5

## **PRACTICAL EXERCISES:**

- Ask participants to choose one stress management technique and think about how they can apply it in their daily lives to improve concentration

6

## **SUMMARY:**

- Summarize the key points discussed during the exercise and highlight the key takeaways.
- Encourage participants to ask questions and share their reflections on the impact of stress on concentration