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**Year 9 Health Education Project - Wellness Expo**

**Task: Your group is responsible for one station at our ASC Wellbeing Expo. You are going to identify a problem that teenagers face that affects their wellbeing, find a solution/strategies to enhance wellbeing /create awareness in this space, and provide strategies to overcome the issue. You will need to present your findings at your Expo stall.**

Your assessment will take three (3) parts:

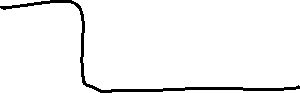
1. Your planning document (below)
2. Your presentation at your wellbeing stall/station.
3. Your wellbeing pledge/review in your eportfolio.

**Group Members: Anna He, Isabel Hiew-Tombs, Jessie Lau**

1. Complete the mind map below to demonstrate your knowledge of positive mental health and wellbeing across a range of environments. Show some examples on the mind map.



Wellness



2. Decide on a focus (be specific)

A - What is the focus? State clearly what problem you are trying to solve. Start with a question or statement problem.

How can we help people cope with stress?

We are trying to find ways that can assist people in coping with stress.

B - Demonstrate that you have researched the issue and why people need to know and understand the importance of this wellness issue. Use data where appropriate.

Stress is a reaction that helps your body to adjust to new situations. However, when stress continues over a prolonged period, it starts effecting your mental, physical and emotional health. These can cause burn-out and low productivity which will further impact quality of work and increase stress levels. 1 out of 3 students suffer from stress due to school so our group is trying to help combat this. It’s important that we can face each day and its challenges without the mental, physical and emotional burden of stress.

3. How will your raise awareness of the issue?

We will have an information page or leaflets of why stress can negatively affect you and some ways to cope with it.

We will also have a booklet with lots of different strategies to coping with stress.

A – note down ideas below that your group come up with

|  |  |
| --- | --- |
| IDEA  Dump/Scribble journal | REASON  To let people rant and get their thoughts out on paper or scribble out their frustrations. This helps lower the burden of stress. |
| IDEA  Exercise routine | REASON  Because exercise is proven to decrease stress and release hormones that make you less stressed and happier. |
| IDEA  Gratitude journal | REASON  Because it helps people see all the things that they are grateful for and releases dopamine and serotonin in the brain (makes you happier). |
| IDEA  Organization timetable | REASON  Because laying out all your work in an organized manner can help take the stress out of it and help ease the pressure of your workload. |
| IDEA  Colouring in pages | REASON  It allows the person to take some time and due something easy and calming. It helps take your attention and put it into colouring which is shown to relax and calm your brain |
| IDEA  Poster/Leaflet | REASON  So we can hand them out to teach others about stress and how to decrease it. |

1. How did you decide on your final idea?

My group decided that we were going to have a booklet that showcases dump, scribble, gratitude, timetable, colouring in and a relief page as a combination of all our ideas. We also decided to stick to the colour theme of blue because it’s a calming and peaceful colour. In the booklet, we will also add a page that is relatable to the reader and lets them know that they aren’t alone in feeling the pressures of stress.

Use the space below to plan what you will have on your Stall/Station.

Decide on the following:

What medium are you going to use to promote your ideas?

Hard copy paper booklets, leaflets/poster

Will you include something to hand out?

Booklet and hand out leaflets/poster

Are you able to talk about your issue?

I can talk about the stress that high school students face

Will you use a variety of presentation methods or just one?

We will present a booklet and a poster and talk about some of our research and findings

Will you provide a variety of solutions or just one?

We will provide a solution which is the booklet

NOTES:

A5 booklets

Pages:

1. Title
2. Info
3. Colouring in
4. Dump?
5. Gratitude
6. Planner
7. Relief
8. Scribble
9. Gratitude 2
10. Colouring in 2

5. Evaluation

How did the contents of expo station promote awareness of your well-being issue?

It lets people know that they aren’t alone in the struggle against stress and provides an outlet to release this stress that people face. We also have information posters/leaflets that teaches people about stress, where it can come from, the people that face it etc.

**E-portfolio pledge**

That there are so many tactics that we can use to release stress and that it’s really common in students. We compiled all these tactics into a booklet that would together help and provide an outlet for stress. We also found a really surprising statistic which states that “1 in 3 students have chronic stress”, which is a type of long-term stress.

A piece of advice we have for young people is that they shouldn’t ignore feelings of stress. This is because a build-up of stress or long-term stress will cause burn-out and low productivity. A way that they avoid this is by planning out their day or week so that they can feel in control of life and prioritize what does and doesn’t need to be done.

I will commit to making a weekly schedule so that I can plan my days out better. This is so that I can clearly see what I have to study or practice for and to use my time more effectively.