

**School:** Interlake High School  
**Event:** Community Awareness  
**Time:** 6/28/18 19:40  
**Classification:** Secondary

# Rise from Stress

## *Stress Awareness Project*



Interlake High School

16245 NE 24th St, Bellevue, Washington 98008

Mishti Dhawan, Shivani Grandhi

Interlake HOSA, #55082, Secondary

## **Summary**

### **Selection of topic:**

Stress is a universal phenomenon experienced by most, if not all, people in our society. While some individuals deal with stress effectively, many are unable to cope with stress. As high school students, we constantly experience stress and anxiety related to our academics, extracurriculars, relationships, etc. The feeling of stress and anxiety is experienced by people all around the world from different backgrounds and for different reasons. Because it is such a universal experience, we wanted to spread awareness on how individuals can manage stress better so that they are able to do well regardless of how overwhelming a situation may be.

### **Goals and objectives:**

Our main goal and objective throughout the project was to impact as many people as possible while also making sure that our projects were meaningful. Additionally, we wanted to tailor our projects based on our audience to have maximum impact.

### **Effectiveness and accomplishments:**

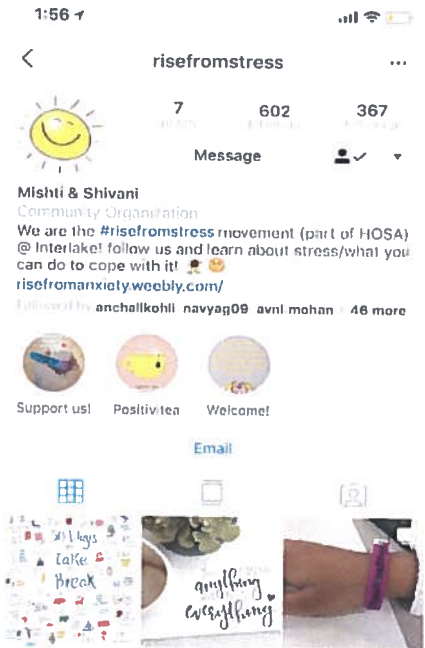
We achieved our goal of targeting as many people as possible by reaching out to up to a thousand people with multiple events. We did multiple projects that were also tailored according to age groups thus being more influential to our audience. For kids and teens, we initiated projects that appealed to youth. While spreading awareness for stress, we also made sure to recognize our local HOSA chapter throughout the community. We impacted over 1,000 individuals in our community through our events.



**Activity #3: Social Media Account**

January 1, 2018

**Impact:** In hopes of reaching out to people, we created a social media account on Instagram. Through our social media account, we showcased our events and shared resources and ways to deal with stress. Our account has over 600 followers that includes teens across Washington.



**Activity #4: Awareness article**

January 20, 2018

**Impact:** We partnered with our school newspaper, Interlake Inquirer, and were interviewed regarding our movement. After the interview, they posted an article about our movement and the article was emailed to a 1,000 people. The article included tips and advice on coping with stress.

**INTERLAKE INQUIRER**



---

VOLUME 1 ISSUE 5      JANUARY 20, 2018

**What is the movement?**  
Stress is a universal experience yet coping mechanisms and learning how to use stress to our advantage is not common knowledge. In an effort to acknowledge the effects of stress and anxiety in our society and spread awareness on how to deal with stress, two freshmen students started a movement known as #risefromstress. This movement is a part of a community awareness project through HOSA (a science club at Interlake). By conducting a few events and activities, they hope to raise people and raise awareness.

**Why this movement is significant:**  
According to an American Psychological Association's "Stress in America survey, American teenagers reported adults to be among the most stressed out age group in the U.S. "Teens report that their stress level during the school year far exceeds what they believe to be a healthy level of stress," concluded the survey.

**HOSA Movement**

Students advocate for stress relief and anxiety management at Columbian Mall. *Deborah*

**What you can do to #RiseFromStress**

**Follow the R.I.S.E. method!**  
R- Relax: Find relaxation techniques that you enjoy such as meditation, yoga, or going for a short walk!  
I- "I" can do this attitude: Stress relief begins with the "I" not the "attitude. Remember that you are not alone and that you can achieve anything that you set your mind to.  
S- Sleep well: Have a consistent sleep routine. If you get less sleep than the recommended

**Activity #5: Self Care**

*February 25 - March 1, 2018*

**Impact:** We collaborated with the Teen Peer Advocate Program in Bellevue and were able to work with them to initiate painting pottery sessions for 3 hours per week. We planned 5 sessions as a way to cope with stress that was caused by finals week, as the end of the semester was approaching. These sessions were open to Bellevue school district students and we had more than 50 students come to each session.

**Activity #6: Promoting awareness about Stress through Wristbands**

*March 12-March 20, 2018*

**Impact:** In an effort to support the National Alliance on Mental Illness (NAMI), we fundraised and sold wristbands promoting the #RiseFromStress movement. More than a 150 people bought wristbands and we were able to raise \$150.





**Activity #7: Distributing encouraging stress relief notes around hospitals**

March 18, 2018

**Impact:** We posted encouraging quotes on cut out suns and distributed them at local hospitals:



Overlake and Virginia Mason. Stress is a primitive psychological response at hospitals as patients and families deal with health related problems. We put up 50 notes in total at the hospitals in effort to ease the stress.

**Activity #8: Stress Relief Tools**

April 5, 2018

**Impact:** To promote our cause, we made boxes/kits with stress relief tools (coloring books, aromatherapy body lotions, candles, etc) and informative brochures in them. Then, we left more than 15 of these boxes around Bellevue and Seattle. A stranger who found our box posted a picture on Instagram and featured us and our cause.



**Activity #9: Pledging to Rise From Stress Poster**

April 12, 2018

**Impact:** At Interlake High School, we held a stress relief session in the library, inviting all the students, where they pledged to rise from stress by writing their approach to stress relief on a sticky note. More than 80 students joined us.

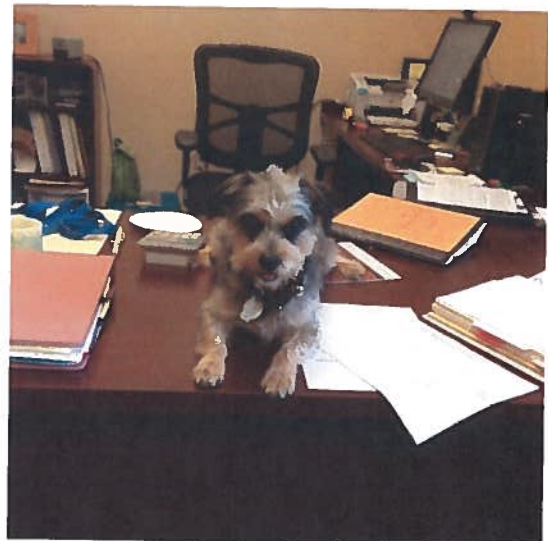


**Activity #10: Group Stress Relief Sessions***April 26, 2018*

**Impact:** Coloring is one of the easiest ways to cope with stress, especially for high schoolers. We held a coloring session during lunch all throughout the week and all students from all grades were invited to join in. We had about 30 students join us and engage in this experience, each day.

**Activity #11: Therapy Dog at School***May 1 - May 3, 2018*

As AP testing season approached, we partnered with Seattle Humane (an animal organization) and our school's Associated Student Body and brought a therapy dog to school to promote a stress free environment during testing month. We took Bailey, our therapy dog, to the school library, cafeteria, gym, and to some classrooms as well. Bailey helped relieve stress for more than 500 students.

**Activity #12: Google survey***May 6, 2018*

We created a survey for students and teachers in our school district, in an effort to promote self awareness for stress and anxiety. We received approximately 677 responses from students and adults from more than 12 middle/high schools.

I've invited you to fill out a form

**Stress Awareness: How stressed are you?**

As part of the Rise from Stress movement through HOSA, we want to know how stressed you feel on a daily basis. Take this survey and help us figure out how stress shapes your life.

**How does stress impact your life? \***

- physical symptoms: I feel sick frequently, my stomach hurts, cramps, etc
- emotional symptoms: depression, anxiety, etc
- whenever I'm stressed, my productivity goes down
- no impact whatsoever
- Other \_\_\_\_\_

**How frequently do you feel stressed? \***

- Daily
- Only when I have something coming up
- Almost every week
- I don't really feel stressed at all
- Once in a while/occasionally
- Other \_\_\_\_\_

## References

Coping With Stress. (2018, January 09). Retrieved March 12, 2018, from

[https://www.cdc.gov/violenceprevention/pub/coping\\_with\\_stress\\_tips.html](https://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html)

Gregoire, C. (2014, February 11). American Teens Are Even More Stressed Than Adults. Retrieved March 16, 2018, from

[https://www.huffingtonpost.com/2014/02/11/american-teens-are-even-m\\_n\\_4768204.html](https://www.huffingtonpost.com/2014/02/11/american-teens-are-even-m_n_4768204.html)

How Stress Affects Your Health. (2013). Retrieved March 15, 2018, from

<http://www.apa.org/helpcenter/stress.aspx>

Managing Stress. (n.d.). Retrieved March 16, 2018, from

<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Managing-Stress>

Palmiter, D. J., & Wilson, D. Teens and Stress: How to keep stress in check.

Retrieved March 10, 2018, from

<http://www.apa.org/helpcenter/stress-teens.aspx>