

Body Talk

Workout

4

Coach Notes



1. Orientation

Have you ever just stopped what you were doing and noticed that your shoulders are way up by your ears, or your heart is pounding at an alarming speed? When you have a big argument with someone do you find yourself with a headache or a stomachache a few hours later? This is how your body talks to you. The body responds physically when it is stressed, alarmed, scared, bored, happy, sad, or worried. If you can't hear your body talk, then you won't know when to take care of it. If you choose not to take care of your body then look out the results can be disastrous.



2. The Challenge

- Identify personal physical responses to anger.
- List long term and short term effects of anger, tension, and stress.
- Illustrate how an angry person would look like.



3. Warm-Up

- How can you tell that you are getting angry?
- How many of you turn red? Get tense? Start sweating? Feel sick or nauseous? Have a hard time thinking straight?
- What do you typically do when you notice these signs?
- What happens when you ignore your body signs and continue getting angrier?
- What are some of the short-term physical effects of anger, tension, stress when it is not dealt with positively? Do you get a migraine headache or feel nausea?
- What are some of the long-term physical effects of anger, tension, or stress when it is not dealt with positively? Do you have high blood pressure, ulcers, colitis, or back problems?



4. Workout

- Complete the physical signs checklist on the activity sheet.
- Sketch a picture of someone who is angry and label all of the signs and symptoms.



5. Cool Down

- Share your picture with a partner and discuss the similarities and differences.
- Explain that numerous, positive coping strategies for anger, tension, or stress will be discussed in later workouts.