

## Pōraruraru — Stressed Out

**Approach:** One to one

**Focus:** Understanding and handling stress.

**Resources:** None.

<b>Questions/instructions:</b>	% responses	
	<b>GEd</b>	<b>MI</b>
1. Sometimes people say they are “stressed out”. What do you think being “stressed” means? <i>PROMPT: How might someone feel when they are stressed?</i>		
1. I ētahi wā kua kī te tangata kei te “tino pōraruraru” ia. Ki tōu ake whakaaro he aha tēnei te pōraruraru? <i>HE ĀWHINA: Mēnā kei te pōraruraru, kei te pēhea taua tangata?</i>		
<b>not marked</b>	•	•
<b>After the student has answered, say:</b> When a person is stressed they often feel very anxious or uptight, and they can’t always think clearly or do things as calmly and sensibly as they might like. When the stress is really serious and keeps on going, it can be very harmful to a person’s health.		
2. What are some of the things that might cause someone to get stressed?  I muri o te whakautu a te ākongā, me kī: Mēnā kei te pōraruraru tētahi tangata, kā awangawanga, ka hēmanawa tōna āhua, ka ngaro haere ōna whakaaro, ka aurere, kāore e tino whai hua kia āta tutuki ki tāna hiahia. A, mēnā ka tino taumaha, ā, ka pōraruraru tonu, kua patu i te hauora o taua tangata.		
2. He aha ētahi o aua mea <b>whakapōraruraru</b> i te tangata?	% responses	
<b>Causes of stress mentioned:</b>	<b>GEd</b>	<b>MI</b>
serious errors/failures (e.g. crime, legal problems)	1	3
general anxiety about things	10	36
too many things to do	41	51
unemployment	2	11
poor health	13	22
too little money or belongings	12	3
housing or transport problems	2	3
mistreatment by or disagreement with others	12	8
lack of people who love/support person	1	11
problems arising from behaviour of others	70	56
big life changes	13	6

**Commentary:**

Students in Māori immersion (MI) settings scored statistically significantly higher than Māori students in general education (GEd).

3. Imagine that a friend was feeling really stressed because they had so much to do, everything seemed to be going wrong, and things just didn’t seem to be getting any better. How could you help this friend?

Try to tell me three things that you would suggest to your friend to help them deal with their stress. I’ll write down your ideas as you think of them.

**As the student says each idea, record it and read it aloud. Where 2 or more ideas are given as one, suggest that they be written separately.**

3. Me whakaaro noa kei te tino pōraruraru tō hoa, nā te mea he tino maha o āna mahi, ā, kei te hē katoa āna whakahaere, ā, me te mea nei, kāore e pai kē atu i a ia. Kōrerotia mai kia toru ngā mea hei āwhina i tō hoa. Māku e tuhi, ōu whakaaro i nāia tonu nei.

I te wā e kōrero ai te ākongā, tuhia ki te pepa tuhinga ā, ka pānui-a-waha ai. Mehemea ka maha ngā whakautu i te kōtahi, ka tohutohungia e koe kia tauwehea.

**Ways of helping:**

	% responses	
	<b>GEd</b>	<b>MI</b>
timeout/relaxation/recreation	66	54
giving help with tasks	31	68
talking and encouraging	47	76
making choices/managing time better	28	27
getting professional help	6	11

4. Of these ideas, which one do you think might be the most helpful?

O ēnei ariā katoa, ko tēhea te mea tino pai hei āwhina?

**not marked** • •

5. Why do you think that would be most helpful?

He aha koe i kowhiri ai, ko tērā te mea hei tino āwhina?

**Justification of choice of most helpful idea:**

	<b>strong</b>	<b>moderate</b>	<b>weak</b>
<b>Total score:</b>	8-18	3	19
	6-7	25	29
	4-5	45	41
	0-3	27	11