

STRESS MANAGEMENT

Course Description: This workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system.

Course Duration: Course length will vary depending on how many modules are covered.

Module One: Getting Started

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

Module Two: Understanding Stress

- What is Stress?
- What is Eustress?
- Understanding the Triple A Approach

Module Three: Creating a Stress-Reducing Lifestyle

- Eating Properly
- Exercising Regularly
- Sleeping Well

Module Four: Altering the Situation

- The First A
- Identifying Appropriate Situations
- Creating Effective Actions

Module Five: Avoiding the Situation

- The Second A
- Identifying Appropriate Situations
- Creating Effective Actions

Module Six: Accepting the Situation

- The Third A
- Identifying Appropriate Situations
- Creating Effective Actions

Module Seven: Using Routines to Reduce Stress

- Planning Meals
- Organizing Chores
- Using To-Do Lists

Module Eight: Environmental Relaxation Techniques

- Finding a Sanctuary
- Using Music
- Seeing the Humor

Module Nine: Physical Relaxation Techniques

- Soothing Stretches
- Deep Breathing
- Tensing and Relaxing
- Meditations

Module Ten: Coping with Major Events

- Establishing a Support System
- Creating a Plan
- Knowing When to Seek Help

Module Eleven: Our Challenge to You

- Creating a Stress Log
- Week One: Recording Events
- Week Two: Identifying Stressors and Creating a Plan
- Week Three: Creating New Habits
- Reviewing and Evaluating

Module Twelve: Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations

