



Stress Management

Overview: This course 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. Participants will also gain an understanding of what lifestyle elements they can change to reduce stress.

Prerequisites: There are no prerequisite requirements for this course.

Course Length: One Day

Course Content

Lesson 1: Getting Started

Workshop Objectives
Pre-Assignment Review

Lesson 2: Understanding Stress

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

Lesson 3: Creating a Stress-Reducing Lifestyle

Eating Properly
Exercising Regularly
Sleeping Well

Lesson 4: Altering the Situation

The First A
Identifying Appropriate Situations
Creating Effective Actions

Lesson 5: Avoiding the Situation

The Second A
Identifying Appropriate Situations
Creating Effective Actions

Lesson 6: Accepting the Situation

The Third A
Identifying Appropriate Situations
Creating Effective Actions

Lesson 7: Using Routines to Reduce Stress

Planning Meals
Organizing Chores
Using a To-Do List

Lesson 8: Environmental Relaxation Techniques

Finding a Sanctuary
Using Music
Seeing the Humor



Lesson 9: Physical Relaxation Techniques

Soothing Stretches
Deep Breathing
Tensing and Relaxing
Meditation

Lesson 10: Coping with Major Events

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

Lesson 11: 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

Lesson 12: Wrapping Up

Words from the Wise