

Stress Management

About the Workshop

Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. Your participants will be shown how stress can be positive and negative, and will look at the Triple A approach that will form the basis of this workshop.

The Stress Management 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. They will also understand what lifestyle elements they can change to reduce stress.

Learning Objectives

Upon completion of workshop participants will be able to:

- Understand Stress
- Cope with Stress
- Reduce Stress
- Avoid Stressful Situations
- Use relaxation techniques

Target Audience

This workshop will appeal to a wide range of audiences and is intended for anyone.

Topics Covered

- 1. Getting Started**
 - a. Icebreaker
 - b. Housekeeping Items
 - c. The Parking Lot
 - d. Workshop Objectives
- 2. Understanding Stress**
 - a. What is Stress?
 - b. What is Eustress?
 - c. Understanding the Triple A Approach
- 3. Creating a Stress-Reducing Lifestyle**
 - a. Eating Properly
 - b. Exercising Regularly
 - c. Sleeping Well
- 4. Altering the Situation**
 - a. The First A
 - b. Identifying Appropriate Situations
 - c. Creating Effective Actions
- 5. Avoiding the Situation**
 - a. The Second A
 - b. Identifying Appropriate Situations
 - c. Creating Effective Actions
- 6. Accepting the Situation**
 - a. The Third A
 - b. Identifying Appropriate Situations
 - c. Creating Effective Actions
- 7. Using Routines to Reduce Stress**
 - a. Planning Meals
 - b. Organizing Chores
 - c. Using a To-Do List
- 8. Environmental Relaxation Techniques**
 - a. Finding a Sanctuary
 - b. Using Music
 - c. Seeing the Humor
- 9. Physical Relaxation Techniques**
 - a. Soothing Stretches
 - b. Deep Breathing
 - c. Tensing and Relaxing
 - d. Meditation
- 10. Coping with Major Events**
 - a. Establishing a Support System

- b. Creating a Plan
- c. Knowing When to Seek Help

11. Our Challenge to You

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

12. Wrapping Up

- a. Words from the Wise
- b. Review of Parking Lot
- c. Lessons Learned
- d. Completion of Action Plans and Evaluations

Methodology

- Learning Concepts/Presentations
- Group Activities and Discussions
- Tips and Tools
- Individual and Team Exercises
- Role Plays/Case Studies
- Educational Videos
- Action Plan to ensure Application of the Learning

Duration: 12 hours