

## Stress Management

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 we'll 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.



### Course Outline:

#### 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 a To-Do List

**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
- Meditation

**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