

Stress Management 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 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.

Workshop Objectives:

- Identify the best approach to a stressful situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce stress
- Use routines to reduce stress
- Use environmental and physical relaxation techniques
- Better cope with major events
- Use a stress log to identify stressors and create a plan to reduce or eliminate them

TABLE OF CONTENTS

1. **Module One: Getting Started**
 - a. *Workshop Objectives*
 - b. *Pre-Assignment Review*
2. **Module Two: Understanding Stress**
 - a. *What is Stress?*
 - b. *What is Eustress?*
 - c. *Understanding the Triple “A” Approach*
 - d. *Case Study*
 - e. *Module Two Review Questions*
3. **Module Three: Creating a Stress-Reducing Lifestyle**
 - a. *Eating Properly*
 - b. *Exercising Regularly*
 - c. *Sleeping Well*
 - d. *Case Study*
 - e. *Module Three Review Questions*
4. **Module Four: Altering the Situation**
 - a. *The First A*
 - b. *Identifying Appropriate Situations*
 - c. *Creating Effective Actions*
 - d. *Case Study*
 - e. *Module Four Review Questions*
5. **Module Five: Avoiding the Situation**
 - a. *The Second A*
 - b. *Identifying Appropriate Situations*
 - c. *Creating Effective Actions*
 - d. *Case Study*
 - e. *Module Five Review Questions*
6. **Module Six: Accepting the Situation**
 - a. *The Third A*
 - b. *Identifying Appropriate Situations*
 - c. *Creating Effective Actions*
 - d. *Case Study*
 - e. *Module Six Review Questions*
7. **Module Seven: Using Routines to Reduce Stress**
 - a. *Planning Meals*
 - b. *Organizing Chores*
 - c. *Using a To-Do List*
 - d. *Case Study*
 - e. *Module Seven: Review Questions*
8. **Module Eight: Environmental Relaxation Techniques**
 - a. *Finding a Sanctuary*
 - b. *Using Music*
 - c. *Seeing the Humor*
 - d. *Case Study*
 - e. *Module Eight: Review Questions*
9. **Module Nine: Physical Relaxation Techniques**
 - a. *Soothing Stretches*
 - b. *Deep Breathing*
 - c. *Tensing and Relaxing*
 - d. *Meditation*
 - e. *Case Study*
 - f. *Module Nine: Review Questions*
10. **Module Ten: Coping with Major Events**
 - a. *Establishing a Support System*
 - b. *Creating a Plan*
 - c. *Knowing When to Seek Help*
 - d. *Case Study*
 - e. *Module Ten: Review Questions*
11. **Module Eleven: 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*
 - f. *Case Study*
 - g. *Module Eleven: Review Questions*
12. **Module Twelve: Wrapping Up**
 - a. *Words from the Wise*