

## Stress Management Workshop

### Course Duration 1 Day

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 Objectives

At the end of the course participants will be able to:

- 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

### Course Outline

#### Understanding Stress

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

#### Creating a Stress- Reducing Lifestyle

Eating Properly  
Exercising Regularly  
Sleeping Well

#### Altering the Situation

The First A  
Identifying Appropriate  
Situations  
Creating Effective Actions

#### Avoiding the Situation

The Second A  
Identifying Appropriate  
Situations  
Creating Effective Actions

#### Accepting the Situation

The Third A  
Identifying Appropriate  
Situations  
Creating Effective Actions

#### Using Routines to Reduce Stress

Planning Meals  
Organizing Chores  
Using a To-Do List

#### Environmental Relaxation Techniques

Finding a Sanctuary  
Using Music  
Seeing the Humour

#### Physical Relaxation Techniques

Soothing Stretches  
Deep Breathing  
Tensing and Relaxing  
Meditation

#### Coping with Major Events

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

#### 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