

Objectives This workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills.

Prerequisites There are no prerequisites for this course.

Duration 1 day

The topics covered on the course are,

1 Getting Started

- Icebreaker
- Ground rules
- The parking lot
- Workshop objectives
- Action plans and evaluation forms

2 Understanding Stress

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

3 Creating Stress-Reducing Lifestyle

- Eating Properly
- Exercising Regularly
- Sleeping Well

4 Altering the Situation

- The First A
- Identifying Appropriate Situations
- Creating Effective Actions

5 Avoiding the Situation

- The Second A
- Identifying Appropriate Situations
- Creating Effective Actions

6 Accepting the Situation

- The Third A
- Identifying Appropriate Situations
- Creating Effective Actions

7 Using Routines to Reduce Stress

- Planning Meals
- Organizing Chores
- Using a To-Do List

8 Environmental Relaxation Techniques

- Finding a Sanctuary
- Using Music
- Seeing the Humour

9 Physical Relaxation Techniques

- Soothing Stretches
- Deep Breathing
- Tensing and Relaxing
- Medication

10 Coping with Major Events

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

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

12 Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations