



Stress Management

Description: This course will explore the harmful long-term effects of stress on our mental and physical health and provide suggestions for managing our individual stresses more effectively. Strategies may include changes in lifestyle, stress management techniques such as relaxation and exercise, and the use of music or humor as coping strategies. Topics include: Identify the symptoms of chronic stress overload, identify how lifestyle choices can contribute to stress and how we can work toward making different choices, develop some techniques to help manage stress right now, and begin planning long-term protection against the cumulative effects of stress.

Session One: Course Overview.

Session Two: Defining Stress and How it Affects Us

- Where Are You Now?
- Defining and Identifying Stress
- Other Factors to Consider

Session Three: What is Stress About?

Session Four: Building a Solid Foundation

- Taking Care of Your Body and Your Mind
- Case Study
- The "Less Stress" Lessons

Session Five: Mental Strategies

- Changing Ourselves
- The Triple A Approach

Session Six: Stress at Work

- The Stress Tax
- Stress Inventory
- Finding Some Solutions
- Stress Logging

Session Seven: Time Management Tips

- Brainstorming Some Great Ideas

Session Eight: Stress at Home

- Budgeting Basics
- The Everyday Stuff
- Organization Tips

Session Nine: Drainers and Fillers

- Workshop Wrap-Up