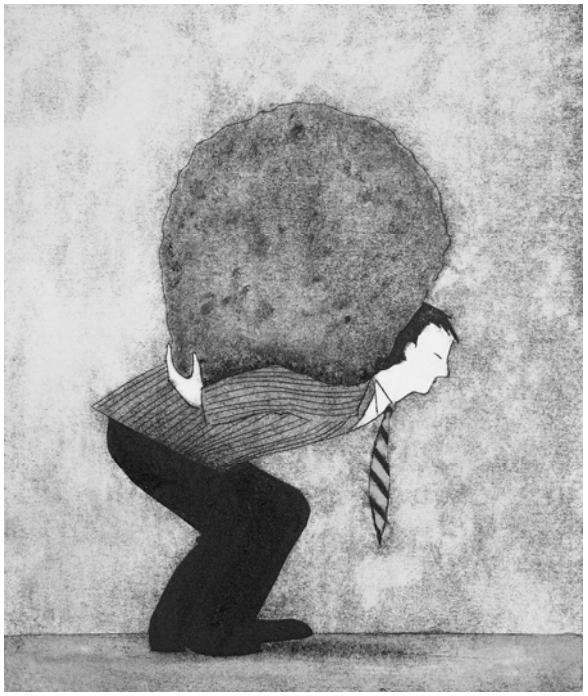
Welcome to:

Stress Management



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Learning Objectives

- Define stress and understand its effects on emotional health
- Examine strategies for coping with stress
- Employ mindfulness meditation techniques
- Make personal contacts positive and meaningful
- Explore ways to attain and maintain emotional maturity

Agenda

Introduction	20 minutes
Module 1: Understanding Stress	65 minutes
Break	10 minutes
Module 2: Taking Responsibility for Your Own Stress	50 minutes
Module 3: Reducing Stress Through Biofeedback, Mindfulness, and Meditation	40 minutes
Lunch Break	30 minutes
Module 4: Improving Relationships with Self and Others	75 minutes
Break	10 minutes
Module 5: Enhancing Your Emotional Health	80 minutes
Conclusion	10 minutes

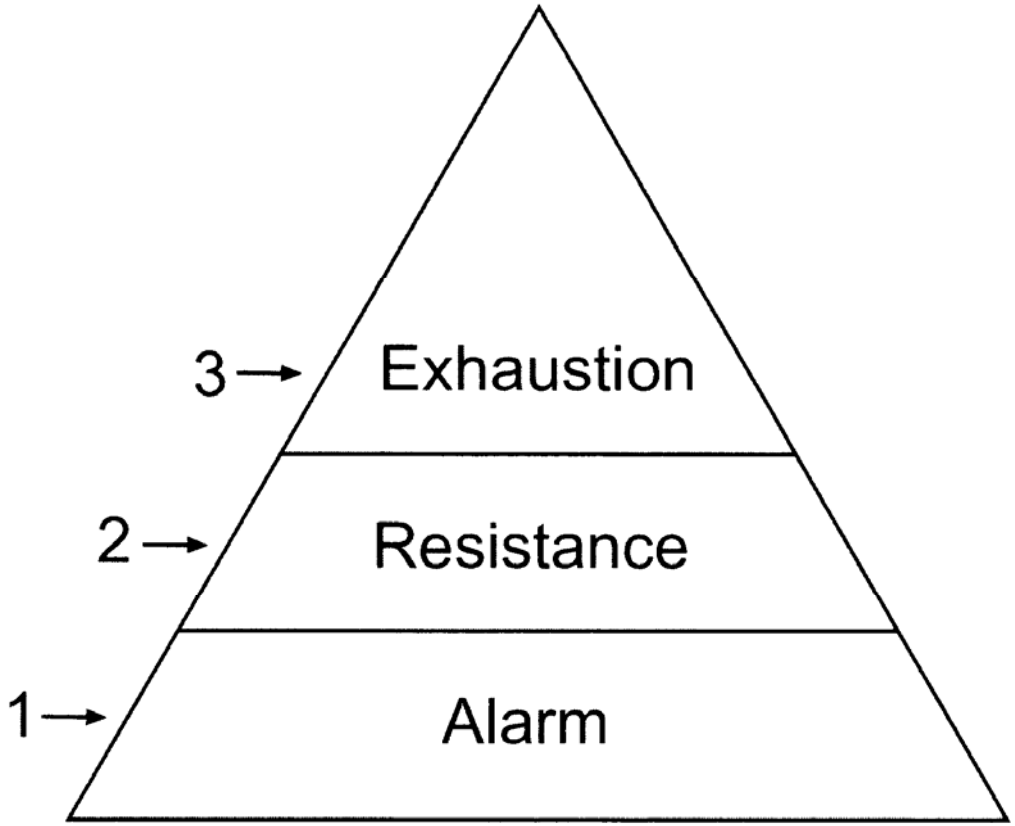
Recognizing Stress

Feelings	Lifestyle
Crisis events	Physical symptoms

Behavior Patterns

Type A	Type B
Competitive	Calmer
Restless	Less rushed
Quick to anger	

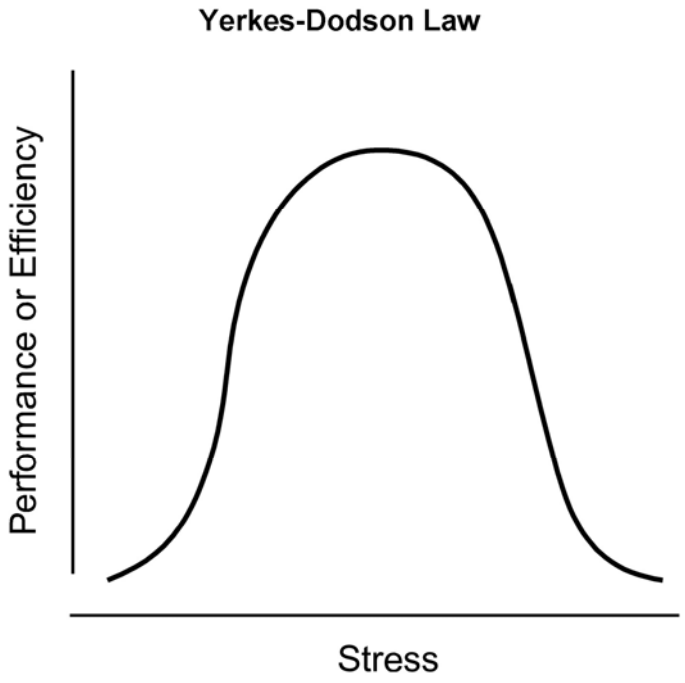
The Three Stages of Stress



Understanding Burnout

- Conditions leading to burnout
- Symptoms of burnout
- Who is most likely to burn out?
- Dealing with employee burnout

Finding the "Right" Amount of Stress



Coping with Stress

- Change your internal attitudes and perceptions
- Change your interaction with the environment
- Change your physical ability to cope
- Change your environment

How Do You Release Your Stress?

- What is your biggest challenge when finding a way to release stress?
- What is your biggest strength in finding stress release?
- What stress release suggestions can you provide to your partner in their biggest challenge?

Biofeedback

Making unconscious or involuntary bodily processes perceptible to the senses so they can be manipulated by conscious mental control.

Mindfulness

Developing internal awareness, acceptance, and equanimity or focusing on present-moment experiences rather than on thoughts of the past or future.

Types of Meditation

- Breathing
- Raisin
- Walking
- Listening to music
- Body awareness
- “Wise person”

Human Needs

We all have a need to:

- Feel important
- Be perceived as successful
- Be needed and/or wanted
- Feel useful
- Be loved and appreciated
- Feel influential
- Belong to something

Negative Relationship Patterns

- Placing people in “boxes”
- Being combative
- Being too agreeable

Some of the Pitfalls to Self-Confidence

- Start liking myself
- Stop comparing myself to others
- Start making full use of my abilities
- Start viewing mistakes as a way to learn
- Start remembering past successes

Steps to Achieving Openness

- Intent
- Mutuality
- Risk taking
- Lack of coercion
- Timing

Ten Tips for Emotional Fitness

1. Become aware of your needs.
2. Let your needs be known.
3. Demonstrate behavior that reflects high self-esteem.
4. Work to improve yourself.
5. Stop negative value judgments.

Ten Tips for Emotional Fitness (cont.)

6. Allow and plan for successes.
7. Think positively.
8. Learn to escape when appropriate.
9. Find ways to help others.
10. Be willing to seek help when required.

Setting Personal Goals

Criteria for Effective Goals

- Conceivable
- Believable
- Achievable
- Measurable