

Name of session: Stress Management

Aim of session: To recognise your stress symptoms, if any, and how to handle stress effectively in your life.

Learning Outcomes:

- To recognise how you respond to stress
- To identify positive and negative sides of stress
- To identify your daily hassles and how to reduce the effects
- To identify long and short term effects of stress
- To practise some relaxation to reduce stress

	Method of delivery	Duration
Introduction	Group work- Stress Free World	5 mins
Main section	<p>Daily Hassles and group work around daily hassles</p> <p>Stressor response chain</p> <p>Bodily response to stress- group work -optional</p> <p>Slides 14 bodily response –23 time management (Here time management and assertiveness is optional)</p> <p><u>Relaxation</u></p> <p>Abdominal breathing</p> <p>Benson</p> <p>There is a lot of group work on the slides. You can decide how much group work you want to do depending on the type of group and time allotted. However, mandatory slides are</p> <p>Balancing stress Positive and negative sides to stress Daily hassles Stress proofing Relaxation session</p> <p>Relaxation session.</p> <p>If you want you can spend more time on the Benson method</p>	<p>5 mins</p> <p>2 mins</p> <p>15-20 mins</p> <p>5 mins</p> <p>10 mins</p> <p>10 mins</p>
Conclusion	<p>Ask group to complete mini plan Summarise that stress is everywhere but it is how we recognise and handle our stress that determines our response.</p>	<p>5 mins</p> <p>Total 1hr max</p>