

Stress Management Workshop

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.

Workshop Objectives:

- 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



For more information or to reserve your spot in this workshop, please contact:

Joseph (J.J.) Frazier
President

Mastering the Positive, LLC

Phone: (757) 962-7073

Mobile: (757) 952-8340

Visit: www.masteringthepositive.com

Email: jfraziers@cox.net



CLASS CONTENT

Session One: Getting Started

Workshop Objectives
Pre-Assignment Review

Session Two: Understanding Stress

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

Session Three: Creating a Stress-Reducing

Lifestyle
Eating Properly
Exercising Regularly
Sleeping Well

Session Four: Altering the Situation

The First A
Identifying Appropriate Situations
Creating Effective Actions

Session Five: Avoiding the Situation

The Second A
Identifying Appropriate Situations
Creating Effective Actions

Session Six: Accepting the Situation

The Third A
Identifying Appropriate Situations
Creating Effective Actions

Session Seven: Using Routines to Reduce Stress

Planning Meals
Organizing Chores
Using a To-Do List

Session Eight: Environmental Relaxation Techniques

Finding a Sanctuary
Using Music
Seeing the Humor

Session Nine: Physical Relaxation Techniques

Soothing Stretches
Deep Breathing
Tensing and Relaxing
Meditation

Session Ten: Coping with Major Events

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

Session Eleven: 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

Session Twelve: Wrapping Up

Words from the Wise