



## *Responding to Stress*

Stress is your body's reaction to circumstances that frighten or concern you. This module reviews the effects of stress on individuals. We will examine the sources of stress and learn how to recognize the symptoms of stress. By examining stress thresholds we will be able to differentiate between healthy tension, fatigue, and exhaustion. Recognizing one's own coping style will help in understanding our reactions and ways in which we react to stress. Lastly, we will learn how to practice stress management relaxation techniques.

### **Learning Objectives**

- Understanding the definition, effects, and sources of stress
- Understanding our own stress symptoms
- Identifying the three response stages of stress
- Understanding our own coping styles
- Differentiating between "problem" and "emotion" coping
- Learning the three steps to thinking positive
- Practicing physiological relaxation techniques

<b>Outline</b>	<b>Time</b>
Introduction and Overview	1:00 — 1:15
Definition, Effects, and Sources of Stress	1:15 — 1:45
Stress Symptom Checklist	1:45 — 2:00
Stress Response Stages	2:00 — 2:30
Personal Coping Style	2:30 — 3:00
Styles of Coping	3:00 — 3:30
Problem- versus Emotion-focused Coping	3:30 — 3:45
Break	3:45 — 4:00
Physiological Relaxation Techniques	4:00 — 4:30
Stress Control Tips	4:30 — 4:45
Summary	4:45 — 5:00

<b>Audience</b>	<b>Length</b>	<b>Tools</b>	<b>Participants</b>	<b>Format</b>
All employees	4 hours	Stress Card, Personal Coping Style	12 — 18	Classroom, leader led, interactive, skills exercises, self-evaluations