



Topic: Stress Management

1. Watch “What is Stress “video
2. Discuss
 - a. What type of stress do you experience? Do you think your stress falls under the 4 different types shown in the video?
 - b. Have You Ever Experienced the symptoms of stress shown in the video?
 - c. What Stresses You Out?
3. Watch “How Stress can make you sick”
4. Discuss:
 1. Review the Handout “The Stress Cycle “
 2. **The Stress cycle gives a great visual explanation of how a stressful event effects our bodies. Use this Handout as a guide when reflecting back on a stressful event and how it affected the person you support.**
5. Watch “Self Care Tips” Video **Please note that the video does have the term “depression” in the title. If the person you support does feel like they are experiencing depression, they should see a physician as soon as possible.**
6. Discuss
 - a. After Watching the video have you and the person you support look at the “Coping Skills “Handout. The handout has a wide variety of options to look at, this is a great learning opportunity for staff and the person being supported to discover new ways of coping with stress and discovering a new self-care skill.
 - b. Were there new or current coping skills adapted from your discussion?

Introducing Headspace (Headspace is a meditation phone application that is another resource to show the people we support to cope with anxiety and stress.
7. Watch “Say Hello to Headspace” Video
8. Discuss

1. What are your thoughts about meditating? Have you tried it before?
9. Watch “Mini Meditation” Video (Closing eyes is optional not required when practicing meditation)
10. Discuss
 1. How did you feel during the video?
 2. Were you able to relax?
 3. Could you see yourself practicing meditating?
11. Exit Card (Hard Copy)