Sample:

Stress Management Course

Do not use without permission.
© Paul Sevcik

SevTal est 2020 | SEVCIK TALENT SOLUTIONS | TALENT DEVELOPMENT ON DEMAND

Selected Slides

1

WARM-UP ACTIVITY

Turn to your neighbor and finish this sentence:

"One of the best things I can do for myself when I am feeling stressed is....."

Be prepared to share with the large group

2

PART 1:
UNDERSTANDING STRESS

Do not use without permission.
© Paul Sevcik

3

UNDERSTANDING STRESS

Learning objectives:

- Define stress
- Identify common sources of stress
- Describe sources & signs of stress

4

DEFINITION OF STRESS

- Physical, mental or emotional response to situation
- Feelings of frustration, nervousness, anxiety, anger
- Usually seen as a bad thing, but sometimes stress is good
- Accompanied by a slew of symptoms

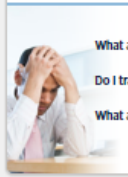
5

COMMON SYMPTOMS OF STRESS

BODY	MIND	EMOTIONS	BEHAVIOR
Headaches	Worrying	Loss of confidence	Accident prone
Frequent infections	Muddled thinking	More fussy	Loss of appetite
Taut muscles	Impaired judgment	Irritability	Loss of sex drive
Muscular twitches	Nightmares	Depression	Drinking more
Fatigue	Indecisions	Apathy	Insomnia
Skin irritations	Negativity	Alienation	Restlessness
Breathlessness	Hasty decisions	Apprehension	Smoking more

6

KNOW YOUR STRESS SOURCES/SIGNS



What are my sources of stress?

Do I track my symptoms?

What are my (good/bad/ugly) reactions?

7

PART 2:
STRESS CREATION & REDUCTION: MY ROLE

8

STRESS CREATION & REDUCTION

Learning objectives:

- Recognize link between thoughts, behavior, & emotion
- Recognize role of "control" in stress creation & reduction
- Understand personal role in stress creation & reduction

9

THOUGHTS, BEHAVIOR, EMOTION LINK

Thoughts impact Behavior

- Perception of the situation
- Actual situation not stressful
- Perceptions MAKE IT stressful
- Common unhelpful patterns of thinking create stress

10

THOUGHT-BEHAVIOR-EMOTION CYCLE

11

UNHELPFUL PATTERNS OF THINKING

All or Nothing Thinking	Overgeneralization
Jumping to Conclusions	Filtering out the Positive
Emotional Reasoning	Catastrophizing
Should Statements	Personalization

(Beck, 1995; Burns, 1980)

12

CONTROL IN STRESS REDUCTION

Areas in your control:
- ✓ Prioritizing work & personal
- ✓ Reactions to events & people
- ✓ Thoughts

Results in feeling:
- ✓ Empowered
- ✓ Relieved

Outside of your control:
- × Their prioritizations
- × Their reactions
- × Their feelings

Results in feeling:
- × Hopeless
- × Anxious

13

PERSONAL ROLE: STRESS REDUCTION

- Focus on what is in your control vs. out of your control
- "Talk Back" to unhelpful thoughts
- Use a variety of activities or strategies to reduce stress

14

MENTAL TECHNIQUE

Positive Self-Statements

- Repetitive positive & motivating statements
- Examples of positive statements:
  - I am smart! I work hard! I always do my best.
- Examples of positive thought replacements:
  - *"I just can't get this done!"*
  - *"I did a great job last week. I can do it again."*

15

STRATEGIES TO REDUCE STRESS

What is a coping strategy?

- Process of managing stressful situations
- Deliberate approach
- Individualized
- Goal: reduce or tolerate stress

Create your own coping strategy list

16

EVERY DAY STRATEGIES

- Eat a well-balanced diet including snacks
- Drink fluids low in sugar, calories, caffeine
- Drink water (1 oz. per ½ body weight)
- Sleep well
- Exercise
- Daily decompress time

17

EVERY DAY STRATEGIES

- Talk with friends/peers
- Seek professional help
- Avoid (-) conversations
- Journal / Stress Log
- Vary tasks
- Reward yourself

18

SevTal est 2020 | SEVCIK TALENT SOLUTIONS | TALENT DEVELOPMENT ON DEMAND

Participant Workbook

STRESS MANAGEMENT

INTRODUCTION

Part 1: Understanding Stress

- Definition
- Sources

Part 2: Managing Stress

- Thought/Behavior/Emotion Link
- In my control
- Stress reduction techniques

Our Stress Busters

Symptoms of Stress

BODY	MIND	EMOTIONS	BEHAVIOR
Headaches	Worrying	Loss of confidence	Accident prone
Frequent infections	Muddled thinking	More fussy	Loss of appetite
Taut muscles	Impaired judgment	Irritability	Loss of sex drive
Muscular twitches	Nightmares	Depression	Drinking more
Fatigue	Indecisions	Apathy	Insomnia
Skin irritations	Negativity	Alienation	Restlessness
Breathlessness	Hasty decisions	Apprehension	Smoking more

Do not use without permission.
© Paul Sevcik

STRESS MANAGEMENT

THOUGHTS/BEHAVIOR/EMOTION

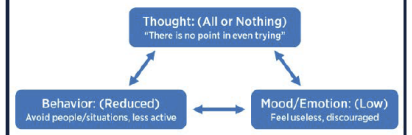
NOTES

THOUGHTS, BEHAVIOR, EMOTION LINK

Thoughts impact Behavior

- Perception of the situation
- Actual situation not stressful
- Perceptions MAKE IT stressful
- Common unhelpful patterns of thinking create stress

THOUGHT-BEHAVIOR-EMOTION CYCLE



UNHELPFUL PATTERNS OF THINKING

All or Nothing Thinking	Overgeneralization
Jumping to Conclusions	Filtering out the Positive
Emotional Reasoning	Catastrophizing
Should Statements	Personalization

(Beck, 1995; Burns, 1989)

10 Proven Methods for Fixing Cognitive Distortions

STRESS MANAGEMENT

TECHNIQUES

TRY	TECHNIQUE
	Focus on what I can control
	Talk back to unhelpful thoughts
	Eat a well-balanced diet including snacks
	Drink fluids low in sugar, calories, caffeine
	Drink water (1 oz. per ½ body weight)
	Sleep well
	Exercise
	Decompress
	Talk with friends/peers
	Seek professional help
	Avoid negative conversations
	Keep journal or stress log
	Vary tasks
	Reward myself (massage, smoothie, stargazing)
	Breathe
	Disconnect from technology
	Honor the person, not the request
	Set (negotiate) realistic deadlines

Do not use without permission.
© Paul Sevcik