



# Stress Management

“Rule number one is don’t sweat the small stuff. Rule number two is it’s all small stuff.”

-Robert Eliot

It’s unreasonable to think that anyone could get rid of all of their stress, but there are proven ways to reduce the unavoidable stresses we face every day and there are definite strategies for avoiding some stress sources altogether. Much of a person’s stress may come from outside sources such as work, personal relationships and family responsibilities. This session is specifically designed to assist you in living with your daily stress by helping you:

- Reduce the stress that can be reduced
- Live with the stress that can’t be reduced
- Understand how to tell the difference

Participants in this session are given personal profiles to identify their sources of stress and their coping strengths. Participants complete the Personal and Work portions during class, and then take the profile home to complete and analyze the Couple & Family components. The profile reveals how stress in one life area can impact other areas and illustrates how people who develop and use four key "Relationship Coping Resources" - Communication, Problem Solving, Flexibility and Closeness - manage stress far more effectively in all life areas than people who rely only on individual coping resources, like diet and exercise. You’ll use this profile to identify individual stresses and coping strengths and to develop relationship-coping resources for greater balance and personal satisfaction.

## **4-hour Session:**

- Defining Stress
- The physical effects of stress
- Recognizing what stresses you
- Understanding your manageable stress levels
- Coping skills
- Understanding the difference between short term stress relievers and coping skills