

Energy Release/ and/or Physical Exercise

- Scream
- Cry
- Get angry
- Racket sports
- Walking
- Yoga
- Recycling center



More Strategies for Stress Management

- Associate with people whom you enjoy and who support you.
- Don't let one thing (unclear) dominate you.
- Open yourself to new experiences. Try new things, new foods, new places.
- When worries start to build up, talk to someone whom you trust.

Lifestyle Assessment

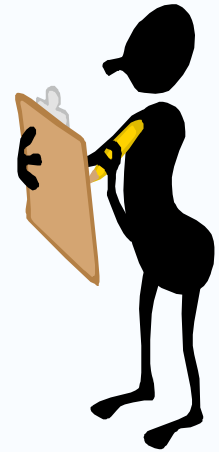
- Are you enjoying your life?
- Are you doing work that you love?
- Are you surrounded by loving people?
- Is your life in balance?
- Is there anything lacking?
- Do you yearn for anything?
- If you could make one change, what would it be?



Here is a Review/ Summary of stress techniques

1. Energy release/ and/or physical exercise
2. Progressive relaxation
3. The countdown 10 to 1
4. Slow diaphragmatic breathing
5. Relaxation tapes
6. Quiet time/ time out
7. Take a walk
8. Visual reminders that I have a choice
9. Shoulder rub: by self or another
10. Lifestyle assessment

Stress Review



- Become aware of your stressors, and your emotional and physical reactions.
- Recognize what you can change.
- Reduce the intensity of your emotional reactions to stress.
- Learn to moderate your physical reactions to stress.
- Build your physical reserves (Exercise).
- Maintain your emotional reserves (friendships/ relationships).

Break

Take 15 minutes



Module VIII

Summary & Highlights

