

Coping with Work And Family Stress

Session	Layout of Session
1	Understanding Stress: Multiple Roles and the Stress Cycle. Pre-test, Ice Breaker, Deep Breathing.
2	Solving the Problem: Examining Stressful Situations, and 8 Problem-Solving Steps. Progressive Muscle Relaxation.
3	Solving the Problem: Using Personal Networks. Creative Expression Relaxation (Mandalas).
4	Solving the Problem: Listening and Responding. Assertive Communication. Guided Relaxation.
5	Rethinking the Problem: Stress Reassessment. Self-Talk. Affirmation, Self-Esteem Relaxation.
6	Managing Your Stress: Eating Patterns and Exercise. Sleep Hygiene, Desk Exercises, Reading Food Labels, Food Budgeting.
7	Managing Your Stress: The Chemical Dependency Cycle. Self Monitoring and Positive Social Support. Calming Color Relaxation.
8	Finding Your Plan: Personal Approach to Coping with Work and Family Stressors. Post-Test, Evaluation, Sitting Relaxation.