SESSION SEVEN OUTLINE
STRESS MANAGEMENT

Pre-Assessment
The goal of this pre-assessment is to have the students begin to think about their stress and how they currently manage it.

Facilitator Instructions
Please read all directions thoroughly and use the Pre and Post Assessment in measuring the student leader’s attainment of all knowledge and skills. Please note that the teaching curriculum is meant to be adapted for each individual student group.

Trainee Instructions
Have the group divide into pairs to discuss the following items. Ask questions such as:
Which strategies do you adopt on a regular basis to help combat stress? Perhaps you:
1. Confront the people involved?
2. Think it through?
3. Change the way you work?
4. Talk about stressful situations?
5. Write about them?
6. Express openly how you are feeling?
7. Have interests and hobbies?
8. Enjoy physical exercise?
9. Help other people?
10. Have proper rest and diet?
11. Give yourself treats?
12. Recognize your own achievements?
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STRESS MANAGEMENT

Post Assessment
The goal of this post-assessment is to have the student leaders begin to think about new and healthier ways they may begin to use to combat stress.

Facilitator Instructions
Ask students to complete the following questions again. Have students answer the questions from the angle of how they may handle stress now in the future? Will they do the same things, adopt new techniques, or adapt techniques already done? Have students turn these into the facilitator as a pass to leave the classroom. Facilitators please read over and see if the students’ answers reflect items from the curriculum and set learning objectives. If there are any points you feel that have been missed, make sure to do a refresher at the beginning of the next class and include any points you feel should be emphasized.

Trainee Instructions
Have the group write individually how their outlook on the following questions may have changed from the activities.

Which strategies will you adopt on a regular basis to help combat stress? Perhaps you plan to:

1. Confront the people involved?
2. Think it through?
3. Change the way you work?
4. Talk about stressful situations?
5. Write about them?
6. Express openly how you are feeling?
7. Have interests and hobbies?
8. Enjoy physical exercise?
9. Help other people?
10. Have proper rest and diet?
11. Give yourself treats?
12. Recognize your own achievements?

Come back together as a group and talk about ways to combat these struggles.