SESSION SEVEN OUTLINE
STRESS MANAGEMENT

“Happiness is choice. You can choose to be happy. There’s going to be stress in life, but it’s your choice whether you let it affect you or not.”
-Valerie Bertinelli
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**Stress** is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. Stress management is being able to channel those triggers by using coping mechanisms that will allow you to relax and think more clearly. There are many proven skills that can be used to manage stress. That helps us to remain calm and effective in high pressure situations, and help us avoid the problems of long term stress. Below are two skills on managing stress.

**Purpose:** To learn practical skills to identify stressors and utilize resources to manage stress.

**Objectives:** This workshop will give you the tools to effectively:
- identify stressors
- place stressors in categories: internal & external
- identify stress management resources
- manage stress and maintain control

**Benefits:** Participation in this workshop will help you:
- identify and cope with stressors in your school life and at home

**Supplies:** Some supplies are optional or can be substituted for other material
- Paper and pens/pencils for every participant
- Post-Its, a white board or chalk board and a marker or chalk
- Copies of the “Stress Scenario” handout
- Copies of the “Stress Reliever Tips” handout