

STRESS MANAGEMENT AND WELLNESS ONLINE WORKSHOP

This video workshop can be found on YouTube (search for Dr. LuAnn Helms) In 2019, Dr. Helms left USU to join the staff at the **UNCW Counseling Center**.

This brochure has been developed to help you practice the skills discussed on the **Stress Management and Wellness videos**. It is meant to be a two-sided printout that you fold in half; to keep with you to help you practice the skills over the next several weeks.

After watching Part 1: Introduction to Stress Management

List 6 or more things that you can do to bring your stress level down a notch or two

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Over the next week, practice **objectively** noticing your sources and symptoms of stress, stress level, and healthy ways to bring it down.

After watching and doing Part 2: Breathing Exercises

Over the next week, use the skills chart to help you practice: try to practice several different things each day.

Instructions: Circle the days you worked on each skill

Noticing sources and symptoms	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Deep/natural breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wave breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Count breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Nose breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

After watching and doing Part 3: Progressive Muscle Relaxation (PMR) and Part 4: Imagery and Visualization

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Deep/natural breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wave, count, or nose breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive muscle relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Color Breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Safe place Visualization	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Other positive/helpful Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

After watching Part 5: Cognitive Behavioral Tools

Review the information on the Thoughts – Feelings – Behaviors handout and use the information to help you set a goal for each area:

Given what was said in the video:

What is one thing you want to work on changing about your self-talk, perspective, or the way you think?

Goal =

What is one thing you want to work on changing about how you understand or use your emotions?

Goal =

What is one thing you want to work on when it comes to your behavior?

Goal =

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breathing exercises	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive muscle relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Visualization/Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Thought goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Feeling goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Behavior goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Thoughts – Feelings – Behaviors

Thoughts

- Be able to objectively observe your thoughts
- Remember thoughts aren't facts
- Know how thoughts trigger feelings (*store example*)
- Be able to shift perspective (*the blind men and the elephant*)
- Be aware of and shift negative/critical/emotionally abusive self-talk
- Notice where your mind goes and bring it back to the present moment
- To be more effective in the moment, accept reality and decrease shoulds and what-ifs (*acceptance is not approval*)

Feelings

- Increase emotion regulation skills = your ability to use emotions as a resource, instead of being controlled by them
- Be able to notice emotions without pushing them away or making them larger than useful
- Remember emotions are information not facts (i.e., fear, guilt, anger)
- Remember emotions are something you have, they are not who you are
- Notice and practice the emotions that you want to feel more often (i.e. gratitude, confidence)
- Be able to sit with and accept some anxiety and other uncomfortable feelings

Behaviors

- Be able to choose your behaviors – Don't always let or wait for your emotions to make the choice
 - To make effective choices - create space between impulse and action
 - Behaviors can trigger emotions (exercise, studying, etc)
- Be able to take accountability = objectively observe your behavior and consequence and take responsibility for your part
 - Decrease roadblocks to accountability (shame, minimize, denial, blame)
- Choose behaviors consistent with the person you want to be - Move toward your ideal self (*mountain example*)

After watching and doing Part 3: Progressive Muscle Relaxation (PMR) and Part 4: Imagery and Visualization

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Deep/natural breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wave, count, or nose breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive muscle relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Color Breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Safe place Visualization	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Other positive/helpful Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

After watching Part 5: Cognitive Behavioral Tools

Review the information on the Thoughts – Feelings – Behaviors handout and use the information to help you set a goal for each area:

Given what was said in the video:

What is one thing you want to work on changing about your self-talk, perspective, or the way you think?

Goal =

What is one thing you want to work on changing about how you understand or use your emotions?

Goal =

What is one thing you want to work on when it comes to your behavior?

Goal =

Over the week, use the skills chart to help you practice.

Rating stress level (1 to 10)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Practiced things from your list	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breathing exercises	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Progressive muscle relaxation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Visualization/Imagery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Thought goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Feeling goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Behavior goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun