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Step Out of Stress Facilitator Notes

Main Learning Points from last session:

Balance of Mind, Body, Spirit: A Holistic Approach

1. Giving time and energy to several areas in life helps keep your life in balance.
2. To be well rested, adults need 7 to 10 hours of sleep each night.

Review Personal Practice Options from last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using *Solutions for Wellness* materials as a reminder of important facilitator tips.

Tips for this Session

If you use the Suggestion for Topic Introduction for this session, you may want to make 4 signs that read:

1. Not at all
2. A little
3. A lot
4. All the time

Tape them to the walls before the session begins so you are ready ahead of time.

Suggestion for Topic Introduction and Relevance to Participants

“How much do you let stress affect your life? If you look around, you’ll see that we have some signs on the wall. Think about the question, ‘How much do you let stress affect your life?’ and go stand by the sign that matches your answer.”

Not At All A little A lot All the time

(Wait until all participants have selected an answer on the continuum scale.)

“Okay. Those of you by the “Not at all” and the “A little” signs – how do you keep stress from affecting you very much?”

(Listen and respond to their answers. If anyone mentions they exercise to reduce stress, use that to move into the session. If no one mentions they use physical activity to reduce stress, ask:)

“Who thinks stress is good for your health? It really isn’t. Do you know that we all have the ability to use physical activity to keep our stress manageable? Today we’re going to talk about stepping out of stress.”

“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment

1. B 2. A 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 8: Creating Balance



Main Learning Points of Session 8

What were the main learning points of Session 8? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Giving time and e_____y to several areas in life helps keep your life in balance.
2. To be well rested, adults need 7 to 10 hours of s_____p each night.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a small healthy step.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Which of the following is a healthy way to reduce stress?

- A. caffeine
- B. physical activity
- C. sugar
- D. fruit drinks

2. Having too much stress may put your health at risk.

- A. True
- B. False

3. For people with mental illness, too much stress increases the chances of relapse.

- A. True
- B. False

4. Physical activity:

- A. Is always too painful and difficult.
- B. Does not help manage stress.
- C. Increases stress and should be avoided during times of trouble.
- D. Reduces stress and helps you feel more in control.

5. I am confident that I understand how physical activity affects stress.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Step Out of Stress

Objectives for this Session

1. Identify 1 way to reduce and manage stress.
2. Identify and apply at least 2 physical activity tips to prevent and manage stress.

Stress is a normal part of life, but having too much stress is unhealthy. Stress can lead to obesity, heart disease, depression, and sleep problems. It also makes it more difficult for your body to fight infection, which means you are more likely to get sick. Too much stress can cause you to feel very tired, and may increase your chances of a relapse.

Stress can throw your life out of balance. This session focuses on how physical activity helps you manage stress, and keeps your life in balance.

Did you know? Having too much stress causes tension. Physical activity helps release unwanted tension caused by stress and helps you feel more in control of your health. Aerobic exercise is the type of physical activity that keeps you moving and makes your heart beat faster. The key to aerobic exercise is to keep moving. Examples of aerobic exercise are walking, jogging and riding a bike. Aerobic exercise makes our heart and lungs stronger and helps our bodies use oxygen better.

Aerobic exercise also increases endorphins, a natural chemical your body can make. Endorphins can improve mood, reduce physical pain and make you less hungry.

Main Learning Point #1

Having too much stress may put your health at risk.



- | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

Stress affects everyone differently. Everyone deals with stress in their own way. Let's take a look at how Mario deals with stress.

“Mario’s Story”

Mario woke one Monday morning to his neighbor’s screaming voice. His neighbor had been yelling at someone all night, and throughout the morning, too. Because Mario didn’t sleep much that night and was tired, he skipped breakfast and his morning shower. He got dressed and went downstairs to catch the van to attend the day program. When Mario got outside, the van was already there and the driver scolded him for being late. Mario was embarrassed, but he didn’t say anything.

At the day program, Mario went inside without talking to any of his friends. He went into the recreation room and sat alone in the far corner and stared at the television set. While Mario waited for his first group, the activity specialist asked him if he wanted to join her exercise class until his group started. Mario said “no” and walked off to get a candy bar and a cup of coffee from the vending machine.

While eating his candy bar, Mario thought about his neighbor and the van driver yelling at him. The more he thought about them, the angrier he became. A few minutes later, Mario’s friend Tom came in and noticed how upset Mario looked. He asked Mario if he wanted to take a walk and talk. Mario said “no” and walked back to his chair to watch more television and smoke a cigarette.



1. List two things that caused Mario stress in this story? _____

2. List two things Mario does to help with his stress: _____

3. What could Mario have done differently? _____

Step Out of Stress

(continued)

Physical activity has many benefits that can do the following, which includes reducing stress:

<input type="checkbox"/> Improves blood flow to the brain	<input type="checkbox"/> Reduces stress
<input type="checkbox"/> Helps the body get rid of unhealthy substances	<input type="checkbox"/> Reduces anxiety and depression
<input type="checkbox"/> Helps you think more clearly	<input type="checkbox"/> Improves mood
<input type="checkbox"/> Helps you get a more restful sleep	<input type="checkbox"/> Improves how you feel about yourself



Using the suggestions above, list one or two ways that physical activity might help you prevent or reduce stress in your life?

1. _____

2. _____

Did you know? Physical activity and exercise may also help people quit smoking. Exercise may help you in the following ways:

- Eases the stress of quitting
- Reduces cravings
- Prevents possible weight gain

If you smoke, this is just another reason to Step out of Stress by using physical activity!

Main Learning Point #2

For people with a mental illness, too much stress increases the chance of a relapse.

Small Steps for Success:

Don't Let Stress Build Up Before You Deal With It! Be prepared with a few physical activity tips that can help you prevent stress.

Step Out of Stress

(continued)

Tips to Step Out of Stress: Put a checkmark beside any of these tips that you might like to try.

- 1. Relax your muscles.** Lie down on your back in a comfortable position. Starting with your toes, tense and relax your muscles. Focus on your feet, legs, thighs, stomach, back, fingers, hands, arms, shoulders, and neck until you reach the top of your head. Tighten your muscles, count to 5, and then relax completely.
- 2. Stretch like a cat.** Roll your head in a gentle circle. Reach toward the ceiling and bend from side to side slowly. Roll your shoulders.
- 3. Go outside and take a mini-walk.** Even a 10 minute walk will make a difference. Get some sunshine and fresh air. Take a long walk if possible.
- 4. Notice how your body feels when you take time to relax.** You can relax by practicing yoga or simply by breathing while stretching your muscles.
- 5. Make a schedule.** Decide on specific times, days and places to be more physically active.
- 6. Plan for fun.** Plan some fun and laugh.
- 7. Get an exercise buddy.** Work out or exercise with a family member or friend.
- 8. Join a team.** Play on a team sport like basketball or soccer.
- 9. Take time to breathe.** Take time out to slow down and breathe. Just 10 minutes a day of simple breathing exercises make a big difference. Remember to stretch your muscles while you breathe.



And remember, healthy eating, getting a good night's sleep and less caffeine can also make a big difference in helping you step out of stress!

Main Learning Point #3

Physical activity reduces stress and helps you feel more in control.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about inexpensive ways to have fun.
- 3. PRACTICE.** I will use at least one tip to prevent stress from taking over my day. The tip I have selected is: _____
- 4. OTHER:** _____