Syllabus: “It’s Never Too Late: Finding Joy in the Second Half of Life”
Sue Legacy, LCSW      OLLI Class 11/13/17

Introduction
Statistics on Stress
Objectives
My Why
What is Stress?

The Gifts of Stress Formula – Event + Skills = Gifts of Stress

CBT -The Cognitive Behavioral Cycle

What creates our Stress?

1st part of equation- Identification of YOUR Stress

Exercise to identify your stressors

2nd part of equation – the De-stress Skills

Ways to De-stress

Exercise

3rd part of equation – The Gifts of Stress – finding joy and MORE

Statistics on Mindfulness practices

From Fear to Joy

Exercise – Which gifts do you notice?

CD song

Summary

Questions before we close?

Call to action

Final slide

In Class Exercises – To be completed during class

1st Exercise - IDENTIFY YOUR STRESS

1 - Write down an event that stresses you out.

2 - What are your thoughts about that event? Please be as thoughtful and honest about those thoughts as you can.

3 - Is this stressor a past regret that is stressing you out, or a future worry?

4 - What might be some warning signs that you exhibit from this stress? Do you notice any destructive behaviors associated with this stress?
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2\textsuperscript{nd} Exercise – THE DE-STRESS SKILLS

1 - What can you do about this stress? Any actions you can take?

2 - Which DE-STRESS skills have you tried?

Which ones worked?

Which ones did not work?

What destress skills would you like to try out?
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3rd Exercise - A New Perspective on Stress - Gifts of Stress

1 - Is your stressful event something you can change?

2 - If not, how can you look at it with a new outlook which can bring you gifts from it, rather than a negative or painful perception?

3 - What are some of the gifts you can discover from YOUR stress?

4 - How might you look at a regret with a new perspective that is keeping you from finding any joy or other gifts from your stress?