In Class Exercises

1 – Identify YOUR Stress. Write down an event that stresses you out.

What do you say to yourself about that event? Please be as thoughtful and honest as you can.

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

What might be some warning signs that you exhibit from this stress? Do you notice any behaviors associated with this stress? Do you take out your stress on someone or something? Yourself? Are you direct or indirect with your stress?
Destress Skills

2 – What can you do about this stress? Any actions you can take?

Which DE-STRESS skills have you tried?

Which ones worked?

Which ones did not work?

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

Is your stressful event something you can change? Yes? No? If yes, how?

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?

How might you look at a regret differently that is keeping you from finding any joy or other gifts from your stress?

Can you embrace the regret?

Find forgiveness (for yourself) for what happened?

Gratitude for what is now that would not be had you done something differently?
The Destress Skills

- Serenity Prayer
- Challenge/Reframing your self-talk
- Journaling
- Embracing your regret
- Gratitude list
- Laughter
- Meditation
- Prayer
- Talk to friend, counselor, coach, mentor
- Exercise
- Breathing Techniques
- Feel the fear and do what scares you anyway
- Be assertive in the moment, if there is something you can change about your stress, take action, be direct and speak your thoughts respectfully.
- Creative endeavors - painting, dance, playing music, crafting, creating artwork, etc.