Stress Management 101

Psychoeducational Course

DEPARTMENT OF PSYCHIATRY
OCHSNER HEALTH

Psychoeducational Course Structure

Psychoeducational course

- Not psychotherapy group, crisis management, case management, etc.

4 sessions

- Each session will have an agenda, topic, skill, and practice assignment

Participation

- Even though this is a course, there will be some opportunities for participation

Goals & Expectations

GOALS

- Understand stress and its impact on well-being and health
- Learn strategies to prevent and recover from stress
- Learn strategies to promote well-being, even in the face of stress

EXPECTATIONS

- Attend sessions
- Engage in respectful behavior towards course co-leaders and other patients
- Practice skills outside of course

Informed Consent

Psychoeducation. The courses are educational in design and purpose, and do not provide individual therapy or group therapy. In these psychoeducational group courses, the facilitator will present scientific and theoretical material that may be applicable to a variety of life circumstances and problems. Psychotherapy services are entirely distinct and separate from the psychoeducational group experience.

Confidentiality. All information about participants in the course will be kept confidential within Ochsner Health. There are exceptions to confidentiality that are required by law. We have a duty to report if you are a danger to yourself or someone else, or that a dependent child or adult is being abused or neglected. You can view Ochsner's privacy policies online: https://www.ochsner.org/patients-visitors/privacy- policies/ochsner-privacy-policy.

Confidentiality of Other Attendees. With full understanding of the need for confidentiality for all attendees, you accept the following: (1) You will not disclose personal information about other attendees to anyone outside of the course; (2) any activity between attendees outside of the course is solely based on the choice of these attendees and is not the responsibility of the facilitator.

Respect for Dignity and Safety. You are expected to treat other attendees and the facilitator with respect for their dignity and safety. Intimidation and threats to any attendees or the facilitator will not be tolerated. The course facilitator reserves the right to terminate any attendee's participation in the course for violating these rules.

Limitations. These psychoeducation courses are not built to manage high-risk conditions or crises (i.e., substance abuse, psychosis, severe cognitive issues, suicidal or homicidal ideation, non-suicidal self-injury, etc.). Please do not contact your course facilitator for help in a high-risk or crisis situation. If you have an immediate and severe crisis, please call 911 or go to an emergency department or urgent care.

Stress Management 101 Curriculum

Session	Content
Session 1	Distress & Relaxation
Session 2	Identifying Stressors & Mindfulness
Session 3	Helpful Thinking
Session 4	Improving Positive Emotions

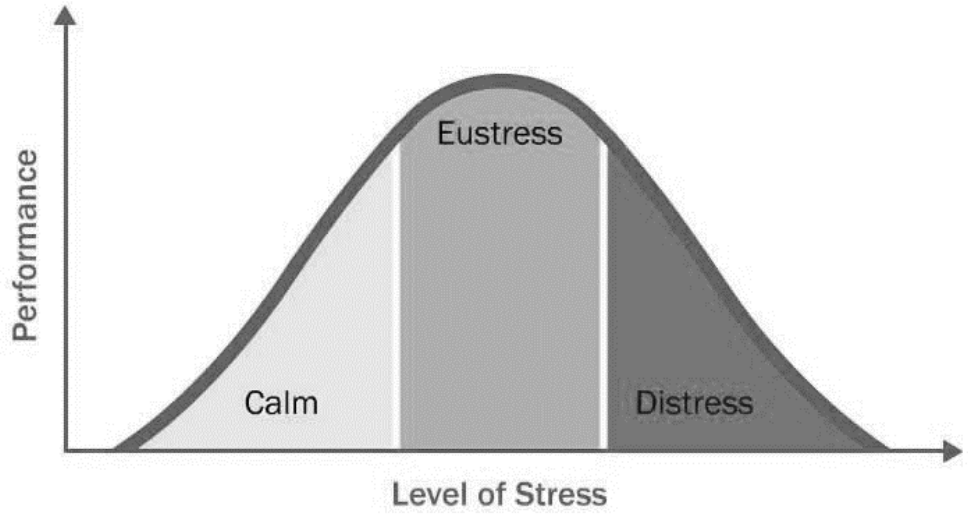
Session 1

DISTRESS AND RELAXATION

Session 1 Agenda

1. Introduction to Stress and Distress
2. Subjective Units of Distress Scale (SUDS)
3. Stress Response & Relaxation Response
4. Fight or Flight Response
5. TIP

Introduction to Stress and Distress



Stress	Stress is a physical, mental, and/or emotional response to demanding events
Stressor/ Trigger	An event or stimulus that prompts the body to adapt to the circumstance
Distress	Unhelpful stress
Eustress	Helpful stress

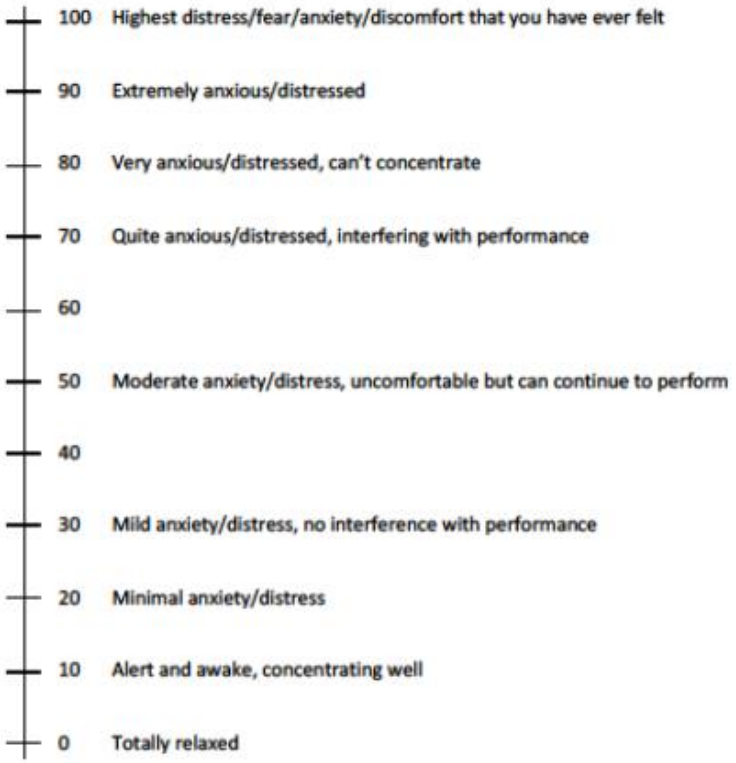
3 Brief Examples of Eustress

Survey Group

3 Brief Examples of Distress

Survey Group

SUDS



Use this scale to rate your distress (fear, anxiety, discomfort) on a scale of 0-100. You will start to notice that your level of distress changes over time and in different situations.

Identify Your Anchors:

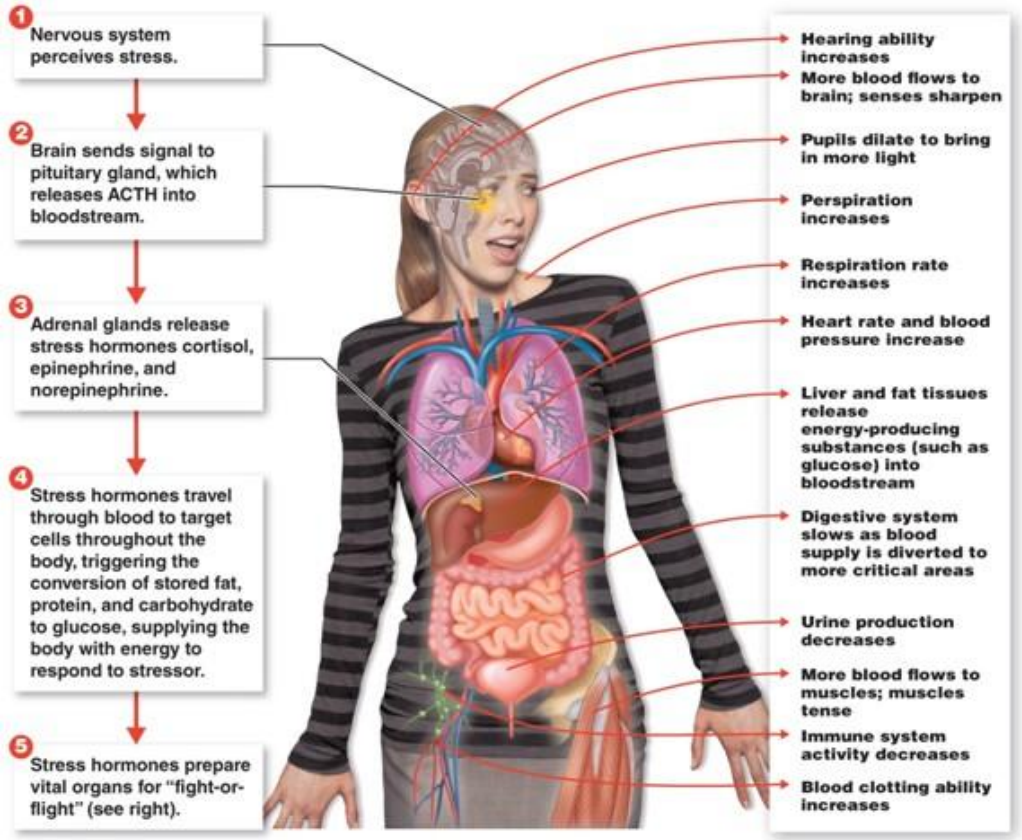
100 = _____

50 = _____

0 = _____

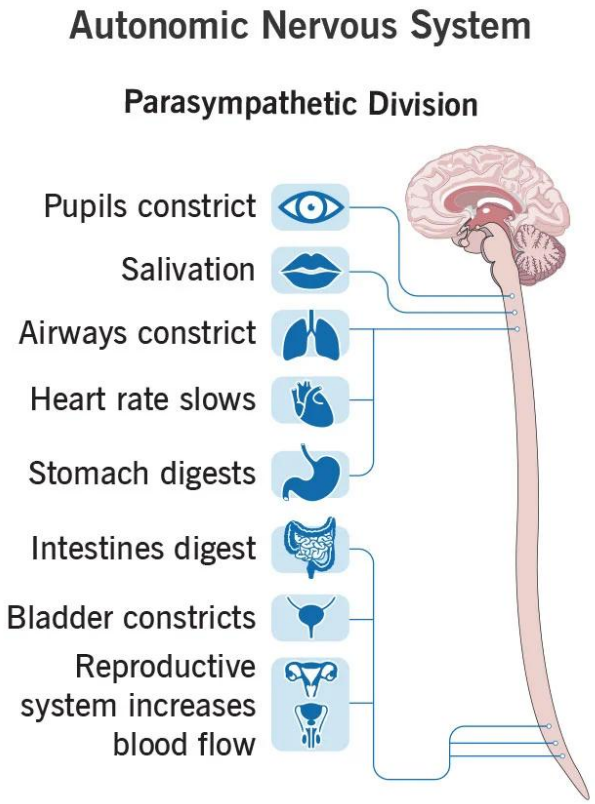
Stress Response

- Alarm system or “fight-or-flight”
- Physiological hyperarousal
- Chronic distress can lead to health problems
- Distress during the day causes stress hormones to rise during the day and at night. This causes over-activation and arousal during the day and at night (which can lead to sleep problems!)



Managing Stress © 2015 Pearson Education, Inc.

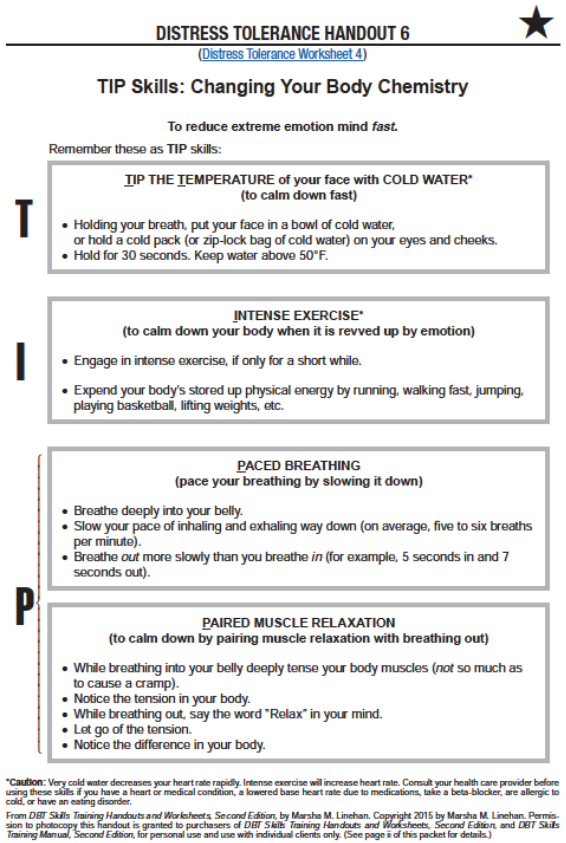
Relaxation Response



Cleveland Clinic © 2021

- Counterbalancing mechanism to the stress response
- Physiological relaxation
- Relaxation counters the harmful effects of distress in the moment and can also help to prevent distress in the future.

TIP Skills (From DBT Skills Training Handouts and Worksheets, Second Ed., by Marsha M. Linehan, 2015)



DISTRESS TOLERANCE HANDOUT 6 ★

(Distress Tolerance Worksheet 4)

TIP Skills: Changing Your Body Chemistry

To reduce extreme emotion mind *fast*.

Remember these as **TIP** skills:

T

TIP THE TEMPERATURE of your face with COLD WATER*
(to calm down fast)

- Holding your breath, put your face in a bowl of cold water, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- Hold for 30 seconds. Keep water above 50°F.

I

INTENSE EXERCISE*
(to calm down your body when it is revved up by emotion)

- Engage in intense exercise, if only for a short while.
- Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

P

PACED BREATHING
(pace your breathing by slowing it down)

- Breathe deeply into your belly.
- Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).
- Breathe *out* more slowly than you breathe *in* (for example, 5 seconds in and 7 seconds out).

PAIRED MUSCLE RELAXATION
(to calm down by pairing muscle relaxation with breathing out)

- While breathing into your belly deeply tense your body muscles (*not* so much as to cause a cramp).
- Notice the tension in your body.
- While breathing out, say the word "Relax" in your mind.
- Let go of the tension.
- Notice the difference in your body.

***Caution:** Very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)

- TIP skills help you change your body chemistry to reduce high emotional arousal and feelings of being overwhelmed
- TIP is fast, effective, and easy

T	Cold **T**emperature (dive reflex)
I	**I**ntense Exercise (20 minutes)
P	**P**aced Breathing (4 in and 7 out)
	Paired Muscle Relaxation

T – Tip the Temperature of your face

USING COLD WATER, STEP BY STEP

- Put your full face in cold water (especially on your eyes and upper cheeks)
- Hold your breath for 15-30 seconds
- Your heart slows down, blood flow to nonessential organs is reduced, and blood flow is redirected to the brain and heart
- Try it with a sink of cold water or a zip-lock bag filled with water (and closed)

DIVE RESPONSE



Intense Exercise



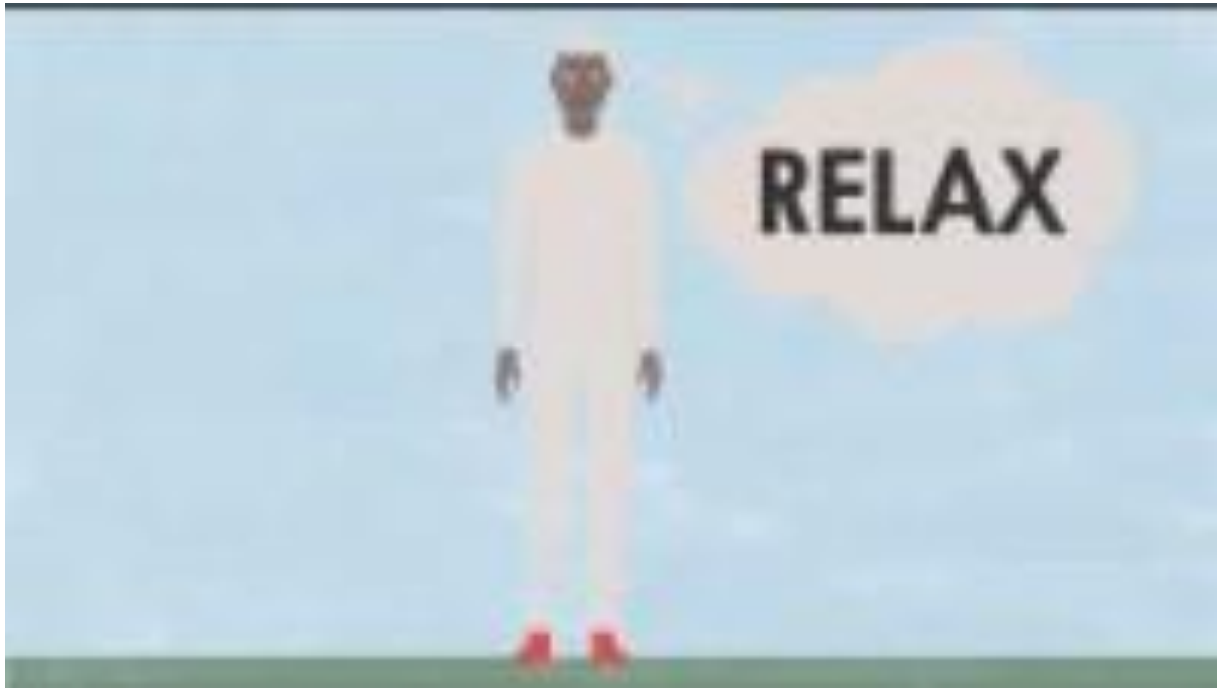
Paced Breathing

- One of our most powerful therapy tools, but also one that is often underused!
- There is a “right” way to breathe when relaxing!
- Breathe deeply to your belly (diaphragm), not your chest and shoulders
- Take a longer exhale than inhale. Practice pushing past your first initial urge to inhale – it may feel uncomfortable at first, but it will get easier with practice!
- Once you are comfortable breathing to your diaphragm, practice pacing your breath



Paired Muscle Relaxation

- Practice in a quiet place
- Breathe in for 5-10 seconds while tensing muscles
- Breathe out for 7 seconds while slowly relaxing muscle tension. Thin of “relax” or “calm”
- Observe sensations for 10-15 seconds before moving to the next muscle group



Date:	High Distress (0-100)	Low Distress (0-100)

Practice Assignments for Session 1

TRACK HIGH AND LOW LEVELS OF DISTRESS EACH DAY

Check off the ones you completed

Date:	Cold Facial Temperature	Intense Exercise	Paced Breathing	Paired Muscle Relaxation

Practice Assignments for Session 1

PRACTICE ONE TIP SKILL EACH DAY

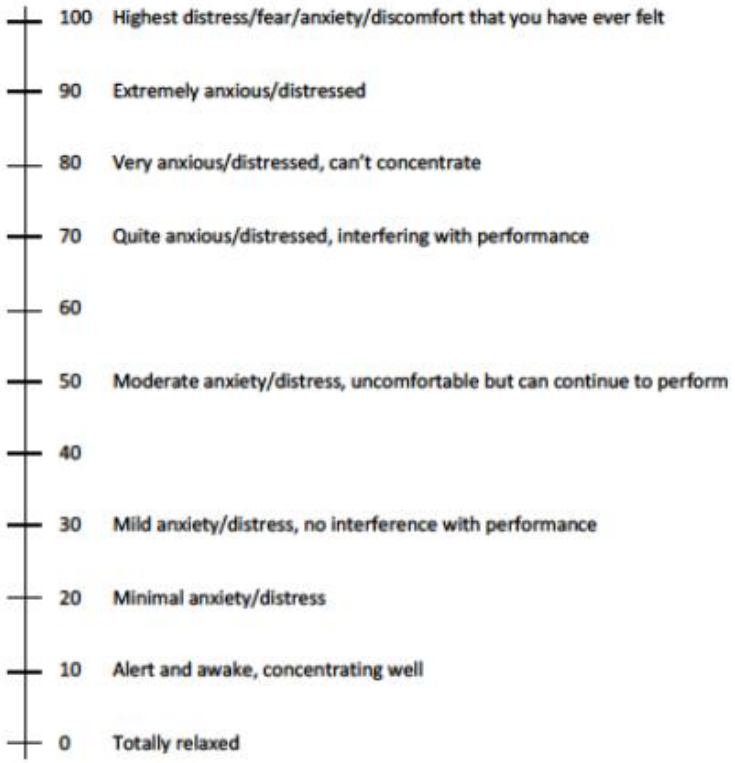
Session 2

IDENTIFYING STRESSORS & MINDFULNESS

Session 2 Agenda

1. Review use of TIP skills and Monitoring distress levels
2. Identifying Stressors
3. 5 Facets of Mindfulness
4. How to Practice: Mindfulness Exercises

Session 1 Review



- Not all stress is bad! Distress vs. Eustress
- Stress activates the "fight-or-flight" response which affects our bodies and minds
- Stress is subjective – unique to each person
- Not all stress is the same – SUDS scale
- In moments of high distress, use TIP skills!

T	Cold **T**emperature (dive reflex)
I	**I**ntense Exercise (20 minutes)
P	**P**aced Breathing (4 in and 7 out)
	Paired Muscle Relaxation

Types of Stress

Acute Stress	Episodic Acute Stress	Chronic Stress
Most common form	Frequent bouts of acute stress	Unrelenting demands and pressures
Common symptoms: • Emotional distress • Muscle tension • Stomach issues • Physiological hyperarousal	Common symptoms: • Disorganization • Hurried or rushed • Low frustration tolerance • Relationship issues • Persistent symptoms of acute stress	Common symptoms: • Tolerance to persistent symptoms of acute stress • Feelings of helplessness • Serious medical and emotional concerns

American Psychological Association, adapted from *The Stress Solution* by Lyle H. Miller, PhD, and Alma Dell Smith, PhD

Common Stressors

- Relational 
- Financial 
- Life Events 
- Health-related 
- Organizational 
- Socio-political 

Identifying Your Stressors

- Take a few moments to check each stressor that applies to you currently.
- List each stressor in each category:
  - Important or Not important
  - Control or Do not control
- Determine what action to take with each stressor:

Not important	Let go of stressors
Important, Some control	Address stressors (problem-solve, seek advice)
Important, No control	Limit exposure to stressors. Practice stress management to tolerate.

How do you “let go” of stressors?

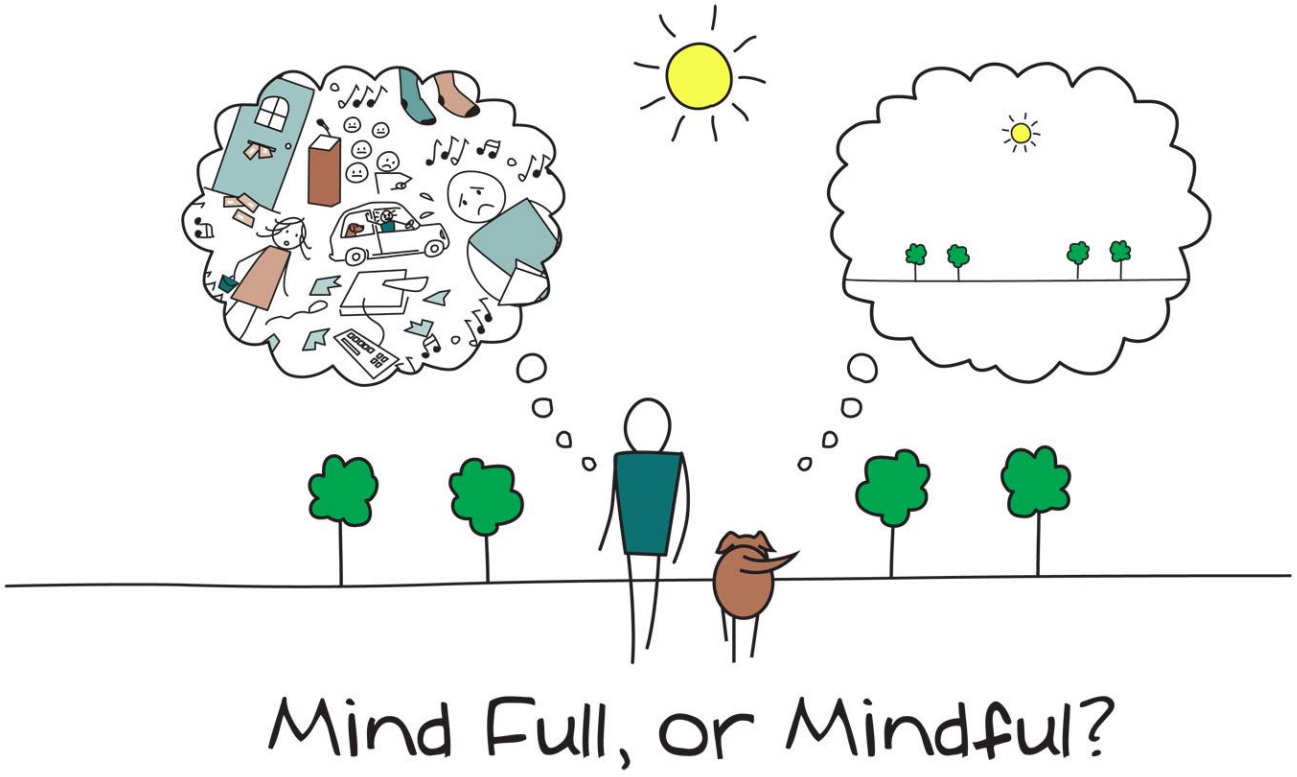
Cognitive Defusion

- Seeing our thoughts as thoughts
- "Zooming out" from our thoughts

Cognitive Defusion Strategies:

- Ask, "will engaging with this thought be helpful to me in this moment?"
- Passengers on a bus, leaves on a stream
- Write the thought down and file it away

Mindfulness



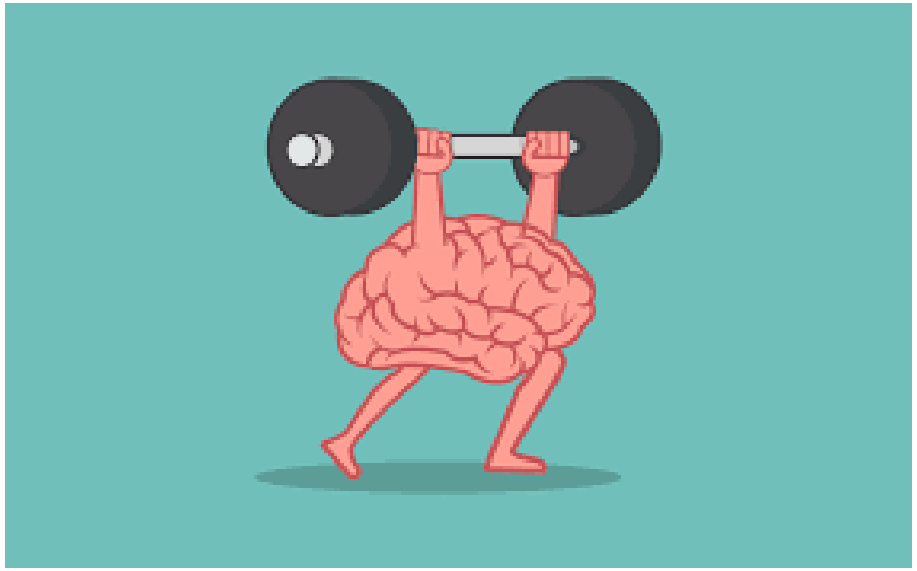
Learning Mindfulness

Mindfulness is...

- Paying attention to the present moment, on purpose, without judging or trying to change the moment
- A skill that can be strengthened with practice

Mindfulness is not...

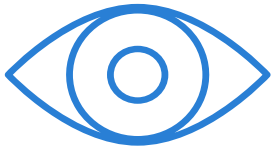
- Never getting distracted
- Always meditation

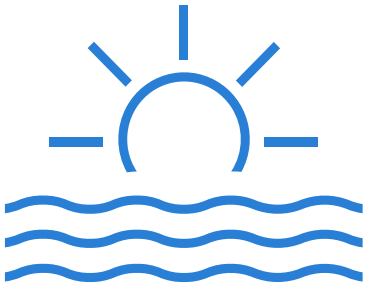


Five Facets of Mindfulness



Facet 1: Observing





Noticing our surroundings (through our senses) and internal experiences (thoughts and feelings)

Examples:

Noticing sensations of water on your skin in the shower, or sun/wind outside

Noticing scents of a hot drink or candle

Noticing birds chirping, wind, AC sounds

Facet 2: Describing



Using words to describe our surroundings and internal experiences



Examples:

Naming instruments you hear in a song

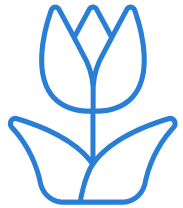
Describing an object like an alien would

Describing the voice of a loved one

Facet 3: Detaching



Not becoming stuck on a particular thought or feeling



Examples:

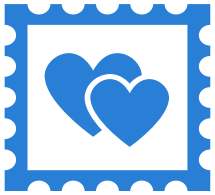
"Leaves on a Stream" mindfulness

"Be the Pond" mindfulness

Facet 4: Self-Compassion



Being gentle with ourselves and recognizing that we are human



Examples:

Talking to ourselves the way we talk to a loved one

Giving yourself a hug

Loving kindness meditation

Facet 5: Acting with Awareness



Acting intentionally and being in the moment



Examples:

Throwing yourself into an activity

Bringing your attention back to the present

Mindfully going for a walk or engaging in a hobby

Mindfulness Exercises

- Mountain Meditation
- Loving Kindness & Compassion
- Body Scan Meditation
- Mindful Eating
- Leaves on a Stream
- Informal Mindfulness Practice

Mountain Meditation



Loving Kindness



Body Scan Meditation



Mindful Eating



Leaves on a Stream



Mindfulness Resources

***Plum Village* -** Free website and app with guided meditations, including walking meditation. https://plumvillage.org/mindfulness/mindfulness-*practice*

***UCLA Mindful* -** Website and free app designed to be simple and straight-forward. https://www.uclahealth.org/uclamindful/guided-meditations?id=22&iirf_redirect=1

***Calm App* -** Free basic version of the app and YouTube channel with calming visuals. https://www.calm.com/

***Headspace App* -** Free basic version of the app and YouTube channel. https://www.headspace.com/

Informal Mindfulness Practice

You can practice mindfulness with anything, as long as you are intentionally in the moment without judging or trying to change it.

Notice your breath, senses, thoughts, emotions, etc.

Ideas for informal practice:

- Washing hands
- Eating
- Stopping at a red light
- Washing dishes
- Brushing your teeth
- Taking a shower
- Dressing and undressing
- Walking

Use RAIN to Approach Feelings

Recognize	Accept	Investigate	Non-Identify
• Acknowledge what is going on in your body and mind • Be non-judgmental	• Your feelings are your feelings • Your feelings are ever changing	• Study the feeling • Gather information about your experience of this feeling	• Feelings do not define you • This feeling is a universal human experience

Date:	High Distress (0-100)	Low Distress (0-100)

Practice Assignments for Session 2

TRACK HIGH AND LOW LEVELS OF DISTRESS EACH DAY

Check off the ones you completed

Date:	Cold Facial Temperature	Intense Exercise	Paced Breathing	Paired Muscle Relaxation

Practice Assignments for Session 2

PRACTICE ONE TIP SKILL EACH DAY

Practice Assignments for Session 2 (part 2)

PRACTICE MINDFULNESS EXERCISES ONCE PER DAY

Date:	Mindfulness Exercise (Mountain Meditation, Loving Kindness & Compassion, Body Scan Meditation, Mindful Eating, Leaves on a Stream, Informal Mindfulness Practice, or Other)

Session 3

HELPFUL THINKING

Session 3 Agenda

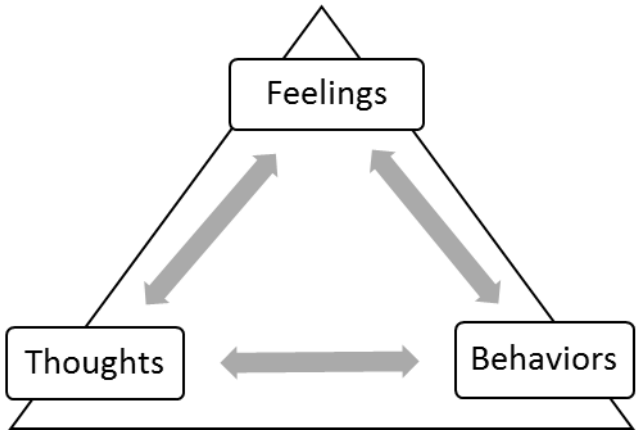
1. Review use of Mindfulness and Monitoring distress levels
2. Cognitive Triangle & Cognitive Model
3. Unhelpful Thinking Styles
4. Helpful Thinking with TFT Worksheets

Session 2 Recap

- Stressors can be:
  - Acute
  - Repeated
  - Chronic
- Determine how important, how much control we have to choose appropriate strategy
- To “let go” of stressors, use mindfulness:
  - Intentionally live with awareness in the present moment.
  - Recognize experiences without judging or rejecting the moment.
  - Be open to experiences without attachment to the moment.
- Mindfulness is a skill that can be practiced



Cognitive Triangle



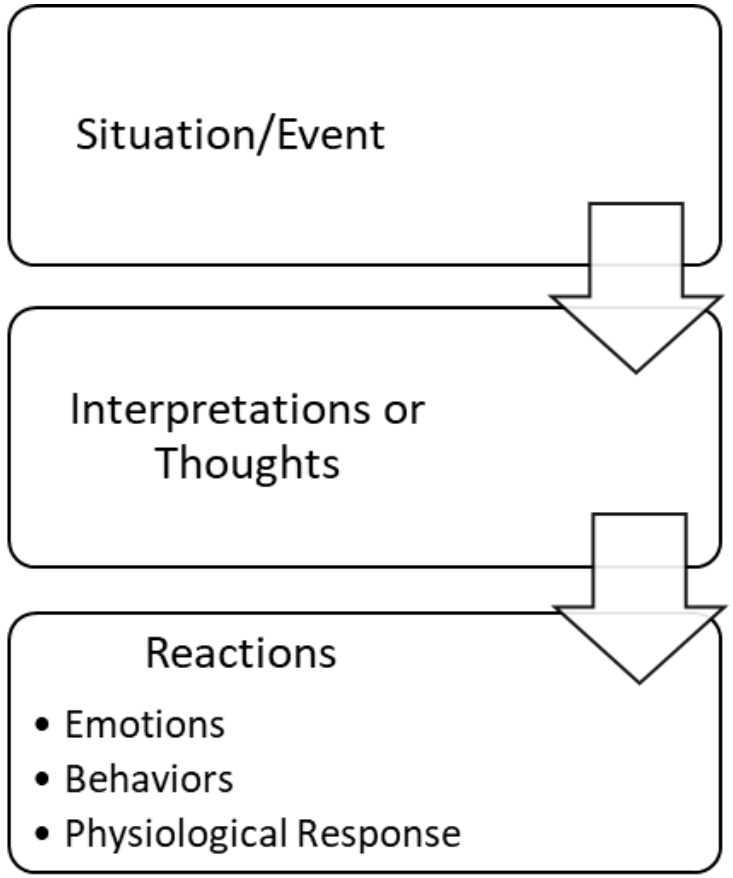


Our thoughts, feelings, and behaviors are all connected and affect one another.

Downward spiral of distress

Negative and unhelpful thoughts can prompt unhelpful feelings and behaviors, which can prompt more negative thoughts (and so on).

Cognitive Model



The way we think about our world influences our feelings and reactions. Most situations can be interpreted in more than one way. Negative interpretations lead to negative reactions.

When there is rainy weather, is it possible for there to be other interpretations or perspectives?

- Some may see rainy weather as peaceful
- Some may see rainy weather as distressing
- Some may have no opinion about the weather!

Unhelpful Thinking Patterns

All-or-Nothing Thinking	Over-Generalizing
Mental Filter	Disqualifying the Positive
Jumping to Conclusions	Magnification & Minimization
Emotional Reasoning	Critical Words
Labeling	Personalization

All-or-Nothing (Black or White) Thinking

Occurs when thoughts are categorical

Can there be shades of gray?

Can things be both black and white at the same time?

Examples:

- “If I’m not perfect, I have failed.”
- “This was a terrible day.”
- “I was too upset to do anything.”

Over-Generalizing

When one negative event is seen as a never-ending pattern

Extreme words like always, never, everyone, nobody, forever

Examples:

- “Everything is always going wrong for me.”
- “I will never be as successful as him.”
- “I’m always making mistakes!”

Mental Filter

Focusing on negative details and dwelling on them exclusively so that the positive parts are missed

Noticing negatives, but not seeing positives (blinders)

Examples:

- “I can’t believe they gave me that terrible score on my evaluation.”
- “I can’t stop thinking about that one criticism from him!”

Disqualifying the Positive

Noticing the positives, but discounting them because “they don’t count”

Leads to inadequacy and lack of reinforcement

Examples:

- “I know they said I did a good job, but anyone could have done it.”
- “Even though they seemed to like my presentation, I could have done a better job.”

Jumping to Conclusions: Mind-Reading

Assuming others are thinking negatively of you

OR

Assuming others are reacting negatively to you

Examples:

- “She must think I’m an idiot.”
- “I bet they can tell I’m nervous.”

Jumping to Conclusions: Fortune-Telling

Predicting that things will turn out badly even in the absence of evidence or facts

Examples:

- “If I go tonight, I’m not going to have a good time.”
- “I’m not even going to try to talk to him because it won’t work.”
- “Even if I apply for the award, I’m probably not going to get it.”

Magnification (Catastrophizing)

Blowing things up out of proportion

Seeing the worst-case scenario

Exaggerating the importance of problems and shortcomings

Examples:

- “I’m going to die!”
- “I have the worst judgment!”
- “This is the worst day I’ve ever had!”

Minimization

Shrinking the importance of things inappropriately

Often occurs when minimizing positive qualities, but can also occur with important issues in general

Examples:

- “Everyone got positive reviews, not just me.”
- “Even if it was a big deal, it shouldn’t be bothering me because it happened a long time ago.”

Emotional Reasoning

Assuming emotions reflect reality or the way things really are

Beliefs that feelings are facts about a situation

Examples:

- “I feel inferior and that means I’m worse than everyone else.”
- “I’m afraid to fly (so it must be very dangerous).”
- “I can’t get out of bed because I’m so sad.”

Critical Words (i.e., should, would, could)

Critical words lead to guilt or resentment about a situation that we cannot change

Critical words seem like they indicate reality even when they do not

Examples:

- “I should have worked harder on that project.”
- “If I had paid more attention, I would not have made that mistake.”
- “You should have been on time!”

Labelling

Attaching negative labels to yourself and others

Leads to rigid, inflexible categorizations

Difficult to see alternatives or other evidence

Examples:

- “He is an idiot.”
- “I’m a slacker.”
- “I’m a procrastinator.”

Personalization

Relating things to yourself or others in an unhelpful way

Taking responsibility for something that is not your burden or not completely in your control (also assigning responsibility to others inappropriately)

Examples:

- “My kid is doing poorly in school because I’m a bad mom.”
- “My marriage is lousy because my spouse is totally unreasonable.”

Unhelpful Thinking Patterns

All-or-Nothing Thinking	Over-Generalizing
Mental Filter	Disqualifying the Positive
Jumping to Conclusions	Magnification & Minimization
Emotional Reasoning	Critical Words
Labeling	Personalization

How would you respond to a distressed child?



"What's going on?"

"What's wrong?"

"Let's talk about it."

"Let's figure it out."

"I'm here for you."

TFT Worksheets

Trigger-Feeling(s)-Thought(s)

Trigger	What happened that prompted my distress?
Feeling(s)	What am I feeling? Use one-word emotions.
Thought(s)	What is going through my mind while I'm distressed?
Are my thoughts helpful?	Answer yes or no for each thought.
If I am engaging in unhelpful thinking, what can I say instead?	Identify facts. Be objective and nonjudgmental. What would I say to a loved one, best friend, or child in a similar situation?

TFT Worksheets

Trigger-Feeling(s)-Thought(s)

Trigger	Flat tire on the way to work
Feeling(s)	Frustrated Anxious
Thought(s)	Things are never going my way. People are going to be disappointed and angry with me.
Are my thoughts helpful?	No. No.
If I am engaging in unhelpful thinking, what can I say instead?	It is ok for me to feel frustrated and stressed because this is a stressful situation. This is one setback that I can manage (and have managed in the past). I have good relationships with my colleagues who are typically very understanding.

How to come up with a more realistic/true thought?

Here are questions you can use:

1. What facts show this thought is true? Is there any real evidence?
2. What facts show this thought is not actually true 100% of the time?
3. Is this thought extreme or exaggerated?
4. Is this thought POSSIBLE or LIKELY?
5. What would I tell a loved one or best friend if they had this thought?

Practice Assignments for Session 3 (part 1)

PRACTICE TIP SKILLS AS NEEDED

Date:	Cold Facial Temperature	Intense Exercise	Paced Breathing	Paired Muscle Relaxation

Practice Assignments for Session 3 (part 1)

TRACK HIGH AND LOW LEVELS OF DISTRESS EACH DAY

Date:	High Distress (0-100)	Low Distress (0-100)

Practice Assignments for Session 3 (part 2)

USE TFT WORKSHEETS TO PROMOTE HELPFUL THINKING EACH DAY

Trigger	
Feeling(s)	
Thought(s)	
Are my thoughts helpful?	
If I am engaging in unhelpful thinking, what can I say instead?	

Practice Assignments for Session 3 (part 2)

PRACTICE MINDFULNESS EXERCISES ONCE PER DAY

Date:	Mindfulness Exercise (Mountain Meditation, Loving Kindness & Compassion, Body Scan Meditation, Mindful Eating, Leaves on a Stream, Informal Mindfulness Practice, or Other)

Session 4 (Last Session)

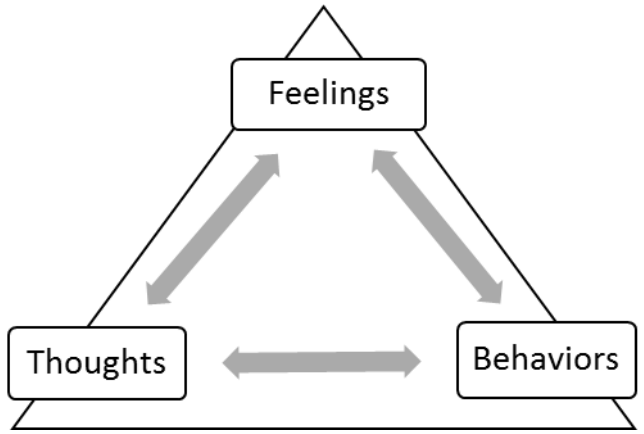
IMPROVE POSITIVE EMOTIONS

Session 4 Agenda

1. Review use of Helpful Thinking and Monitoring distress levels
2. Improve Positive Emotions
3. Stress Management Review
4. Last Session (Wrap-Up)

Session 3 Recap

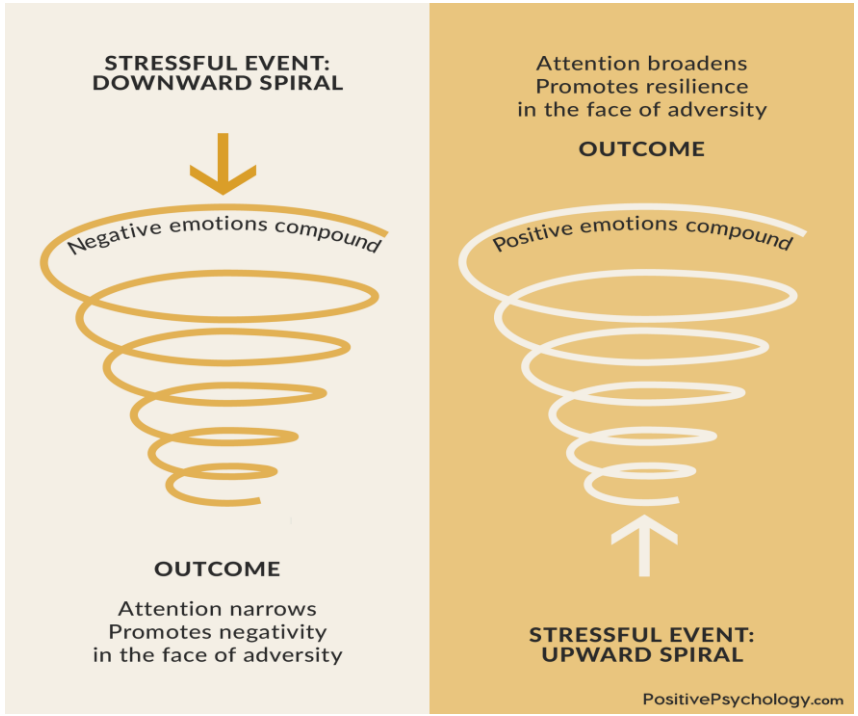
- Our thoughts affect how we feel and how we act
- In times of stress, we tend to rely on automatic thinking patterns
  - Thinking patterns can be unhelpful or make distress worse
- Using TFT worksheets helps practice identifying automatic thoughts and considering alternative ways of looking at a situation



All-or-Nothing Thinking	Over-Generalizing
Mental Filter	Disqualifying the Positive
Jumping to Conclusions	Magnification & Minimization
Emotional Reasoning	Critical Words
Labeling	Personalization

Improve Positive Emotions

PLAN PLEASANT ACTIVITIES



INSTRUCTIONS

- Plan for at least one pleasant activity per day, even if it's just a few minutes.
- Look for simple pleasures that don't require a lot of preparation or money.
- If you can't do something you used to enjoy, think about a good replacement.

List of Potential Activities

1. Going to a quiz or trivia night
2. Spending time in nature
3. Watching the clouds drift by
4. Debating
5. Painting my nails
6. Going ice skating, roller skating/blading
7. Scheduling a day with nothing to do
8. Giving positive feedback about something (e.g. writing a letter or email about good service)
9. Feeding the birds
10. Spending an evening with good friends
11. Making jams or preserves
12. Going out to dinner
13. Buying gifts
14. Having a political discussion
15. Repairing things around the house
16. Washing my car
17. Watching TV, videos
18. Sending a loved one a card in the mail
19. Baking something to share with others (e.g. family, neighbours, friends, work colleagues)
20. Taking a sauna, spa or a steam bath
21. Having a video call with someone who lives far away
22. Organising my wardrobe
23. Playing musical instruments
24. Going to the ballet or opera
25. Lighting scented candles, oils or incense
26. Spending time alone
27. Exercising
28. Putting up a framed picture or artwork
29. Flirting
30. Entertaining
31. Riding a motorbike
32. Wine tasting
33. Going to the planetarium or observatory
34. Birdwatching
35. Doing something spontaneously
36. Going on a picnic
37. Having a warm drink
38. Massaging hand cream into my hands
39. Fantasising about the future
40. Laughing
41. Flying a plane
42. Playing tennis or badminton
43. Clearing my email inbox
44. Planting a terrarium
45. Playing lawn games (e.g. bowls, croquet, bocce)
46. Going to a party
47. Getting out of debt/paying debts
48. Seeing and/or showing photos
49. Going on a city tour
50. Going to an agricultural show
51. Jogging, walking
52. Going to home opens
53. Researching a topic of interest
54. Going to the beach
55. Redecorating
56. Volunteering for a cause I support
57. Smelling a flower
58. Opening the curtains and blinds to let light in
59. Going to the zoo or aquarium
60. Doing jigsaw puzzles
61. Donating old clothes or items to charity
62. Lying in the sun
63. Learning a magic trick
64. Talking on the phone
65. Listening to a podcast or radio show
66. Walking around my city and noticing architecture of buildings
67. Doing arts and crafts
68. Going on a ghost tour
69. Sketching, painting
70. Mowing the lawn
71. Going horseback riding
72. Doing the dishes
73. Sitting outside and listening to birds sing
74. Going to a free public lecture
75. Travelling to national parks

List of Potential Activities

76. Going to a fair or fete
77. Playing cards
78. Putting moisturising cream on my face / body
79. Volunteering at an animal shelter
80. Re-watching a favourite movie
81. Gardening
82. Going camping
83. Playing volleyball
84. Going bike riding
85. Entering a competition
86. Doing crossword puzzles
87. Patting or cuddling my pet
88. Cooking a special meal
89. Soaking in the bathtub
90. Having a treatment at a day spa (e.g. facial)
91. Putting extra effort in to my appearance
92. Playing golf
93. Doing a favour for someone
94. Building a bird house or feeder
95. Looking at pictures of beautiful scenery
96. Having family get-togethers
97. Listening to music
98. Learning a new language
99. Taking a free online class
100. Working
101. Washing my hair
102. Singing around the house
103. Flipping through old photo albums
104. Upcycling or creatively reusing old items
105. Going sailing
106. Stretching muscles
107. Maintaining a musical instrument (e.g. restringing guitar)
108. Playing soccer
109. Buying clothes
110. Going to the botanic gardens
111. Going to a scenic spot and enjoying the view
112. Going to the speedway
113. Snuggling up with a soft blanket
114. Listening to an audiobook
115. Going to see live stand-up comedy
116. Writing down a list of things I am grateful for
117. Maintaining an aquarium
118. Playing Frisbee
119. Teaching a special skill to someone else (e.g. knitting, woodworking, painting, language)
120. Playing chess (with a friend or at a local club)
121. Going to a games arcade
122. Jumping on a trampoline
123. Sending a text message to a friend
124. Going fishing
125. Doodling
126. Putting a vase of fresh flowers in my house
127. Participating in a protest I support
128. Going to a movie
129. Surfing, bodyboarding or stand up paddle boarding
130. Baking home-made bread
131. Walking barefoot on soft grass
132. Watching a movie marathon
133. Skipping/ jumping rope
134. Being physically intimate with someone I want to be close to
135. Going to karaoke
136. Wearing an outfit that makes me feel good
137. Cooking some meals to freeze for later
138. Hobbies (stamp collecting, model building, etc.)
139. Talking to an older relative and asking them questions about their life
140. Listening to classical music
141. Photography
142. Watching funny videos on YouTube
143. Doing something religious or spiritual (e.g. going to church, praying)
144. Seeing a movie at the drive-in or outdoor cinema

List of Potential Activities

145. Making my bed with fresh sheets
146. Lifting weights
147. Early morning coffee and newspaper
148. Planning a themed party (e.g. costume, murder mystery)
149. Wearing comfortable clothes
150. Shining my shoes
151. Acting
152. Going swimming
153. De-cluttering
154. Going rock climbing
155. Whittling
156. Going on a ride at a theme park or fair
157. Arranging flowers
158. Going to the gym
159. Working on my car or bicycle
160. Juggling or learning to juggle
161. Contacting an old school friend
162. Calligraphy
163. Sleeping
164. Driving
165. Going crabbing
166. Playing with my pets
167. Abseiling
168. Going kayaking, canoeing or white-water rafting
169. Listening to the radio
170. Doing Sudoku
171. Planting vegetables or flowers
172. Walks on the riverfront/foreshore
173. Shooting pool or playing billiards
174. Getting an indoor plant
175. Surfing the internet
176. Doing embroidery, cross stitching
177. Browsing a hardware store
178. Donating blood
179. Buying books
180. Meditating
181. Training my pet to do a new trick
182. Planning a day's activities
183. Waking up early, and getting ready at a leisurely pace
184. Going to a Bingo night
185. Playing ping pong / table tennis
186. Buying an ice-cream from an ice-cream truck
187. Going on a hot air balloon ride
188. Sightseeing
189. Organising my work space
190. Dangling my feet off a jetty
191. Writing (e.g. poems, articles, blog, books)
192. Dancing in the dark
193. Having an indoor picnic
194. Reading classic literature
195. Going on a date
196. Taking children places
197. Going whale watching
198. Putting on perfume or cologne
199. Digging my toes in the sand
200. Hitting golf balls at a driving range
201. Reading magazines or newspapers
202. Calling a friend
203. Sending a handwritten letter
204. Going snorkelling
205. Going hiking, bush walking
206. Reading fiction
207. Meeting new people
208. Doing 5 minutes of calm deep breathing
209. Buying new stationary
210. Turning off electronic devices for an hour (e.g. computer, phone, TV)
211. Buying music (MP3s, CDs, records)
212. Relaxing
213. Going to a footy game (or rugby, soccer, basketball, etc.)
214. Going skiing
215. Doing woodworking
216. Planning a nice surprise for someone else
217. Playing video games

List of Potential Activities

218. Holding a garage sale
219. Saying "I love you"
220. Making a playlist of upbeat songs
221. Colouring in
222. Playing laser tag or paintball
223. Joining a community choir
224. Doing a nagging task (e.g. making a phone call, scheduling an appointment, replying to an email)
225. Taking a ferry ride
226. Shaping a bonsai plant
227. Watching planes take off/ land at the airport
228. Planning my career
229. Reading non-fiction
230. Writing a song or composing music
231. Taking my dog to the park
232. Borrowing books from the library
233. Having a barbecue
234. Sewing
235. Dancing
236. Having lunch with a friend
237. Talking to or introducing myself to my neighbours
238. Holding hands
239. Going to a free art exhibition
240. Making a 'To-Do' list of tasks
241. Travelling abroad, interstate or within the state
242. Having quiet evenings
243. Geocaching
244. Singing in the shower
245. Browsing at a second hand book shop
246. Test driving an expensive car
247. Refurbishing furniture
248. Exchanging emails, chatting on the internet
249. Knitting/crocheting/quilting
250. Napping in a hammock
251. Skipping stones on the water
252. Doing ballet, jazz/tap dancing
253. Archery
254. Going on a Segway tour
255. Visiting a grandparent
256. Making a gift for someone
257. Having discussions with friends
258. Trying a new recipe
259. Pampering myself at home (e.g. putting on a face mask)
260. Watching my children play
261. Going to a community or school play
262. Making jewellery
263. Reading poetry
264. Going to the hills
265. Getting/giving a massage
266. Shooting hoops at the local basketball courts
267. Flying kites
268. Savouring a piece of fresh fruit
269. Playing hockey
270. Eating outside during my lunch break
271. Floating on a pool lounge
272. Making a pot of tea
273. Using special items (e.g. fine china, silver cutlery, jewellery, clothes, souvenir mugs)
274. Doing a DIY project (e.g. making homemade soap, making a mosaic)
275. Taking care of my plants
276. Telling a joke
277. Going to a public place and people watching
278. Discussing books
279. Going window shopping
280. Watching boxing, wrestling
281. Giving someone a genuine compliment
282. Practising yoga, Pilates
283. Walking around the block
284. Shaving
285. Genuinely listening to others

List of Potential Activities

286. Participating in a clean-up (e.g. picking up litter at the beach or park)
287. Eating fish and chips at the beach
288. Rearranging the furniture in my house
289. Doing water aerobics
290. Blowing bubbles
291. Buying new furniture
292. Watching a sunset or sunrise
293. Star gazing
294. Watching a funny TV show or movie
295. Making pottery, or taking a pottery class
296. Playing mini golf
297. Recycling old items
298. Going to a water park
299. Practising karate, judo
300. Boxing a punching bag
301. Cleaning
302. Driving a Go Kart
303. Daydreaming
304. Learning about my family tree
305. Picking berries at a farm
306. Watching kids play sport
307. Setting up a budget
308. Writing a positive comment on a website /blog
309. Getting a manicure or pedicure
310. Collecting things (coins, shells, etc.)
311. Playing cricket
312. Signing up for a fun run
313. Scrapbooking
314. Accepting an invitation
315. Cooking an international cuisine
316. Solving riddles
317. Scuba diving
318. Watching home videos
319. Building a sand castle
320. Planning a holiday
321. Sitting at the beach or river and watching the movement of the water
322. Watching fireworks
323. Making home-made pizza
324. Cheering for a sports team
325. Origami
326. Doing something nostalgic (e.g. eating a childhood treat, listening to music from a certain time in my life)
327. Joining a club (e.g. film, book, sewing, etc.)
328. Lighting candles
329. Going bowling
330. Going to museums, art galleries
331. Reading comics
332. Having coffee at a cafe
333. Trying new hairstyles
334. Taking a road trip
335. Watching a fireplace or campfire
336. Whistling
337. Playing darts
338. Going to a flea market
339. Working from home
340. Buying a meal from a food truck or hawkers market and eating outdoors
341. Operating a remote control car / plane
342. Playing board games (e.g. Scrabble, Monopoly)
343. Savouring a piece of chocolate
344. Hunting for a bargain at an op shop, garage sale or auction
345. Buying, selling stocks and shares
346. Going to plays and concerts
347. Buying fresh food at the market
348. Beachcombing
349. Dining out at a restaurant or café
350. Harvesting home grown produce
351. Exploring with a metal detector
352. Giving someone a hug

List of Potential Activities

352. Giving someone a hug
353. Taking a holiday
354. Going to the hairdresser or barber
355. Swimming with dolphins
356. Picking flowers
357. Sandboarding
358. Going to the beauty salon
359. Buying myself something nice
360. Playing squash
361. Eating something nourishing (e.g. chicken soup)
362. Babysitting for someone
363. Taking a class (e.g. cooking, improvisation, acting, art)
364. Combing or brushing my hair
365. Writing diary/journal entries

Others:

Values and Values-based Actions

Values are…

What is important to you and what you want your life to stand for

The qualities you want to cultivate as a person – how you want to interact with yourself and others

Like a compass, guiding you in the direction you want to be headed, even if there are bumps or stops on the road

Not the same as goals and cannot be achieved

Values



What are my values?



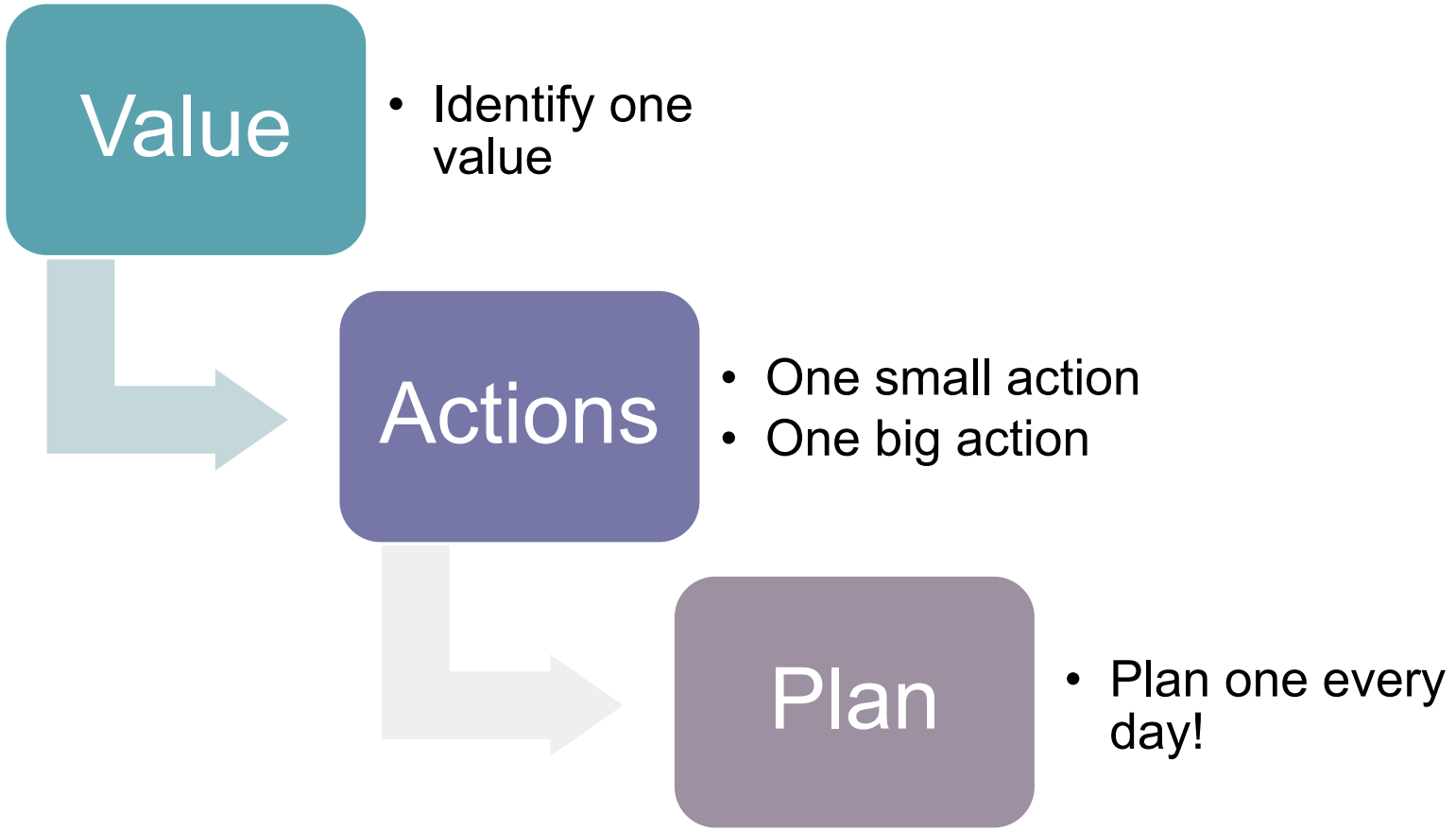
What are my values?

Family	• What qualities do I want to bring to my family members? How would I interact as my ideal self?
Partnership	• What sort of partner do I want to be? What relationship would I like to build?
Parenting	• What sort of relationships would I like with my children? What sort of parent do I want to be?
Friendships	• What kind of friend do I want to be? What kind of friendships would I like to build?
Career	• What do I value in my work? What would make it more meaningful?

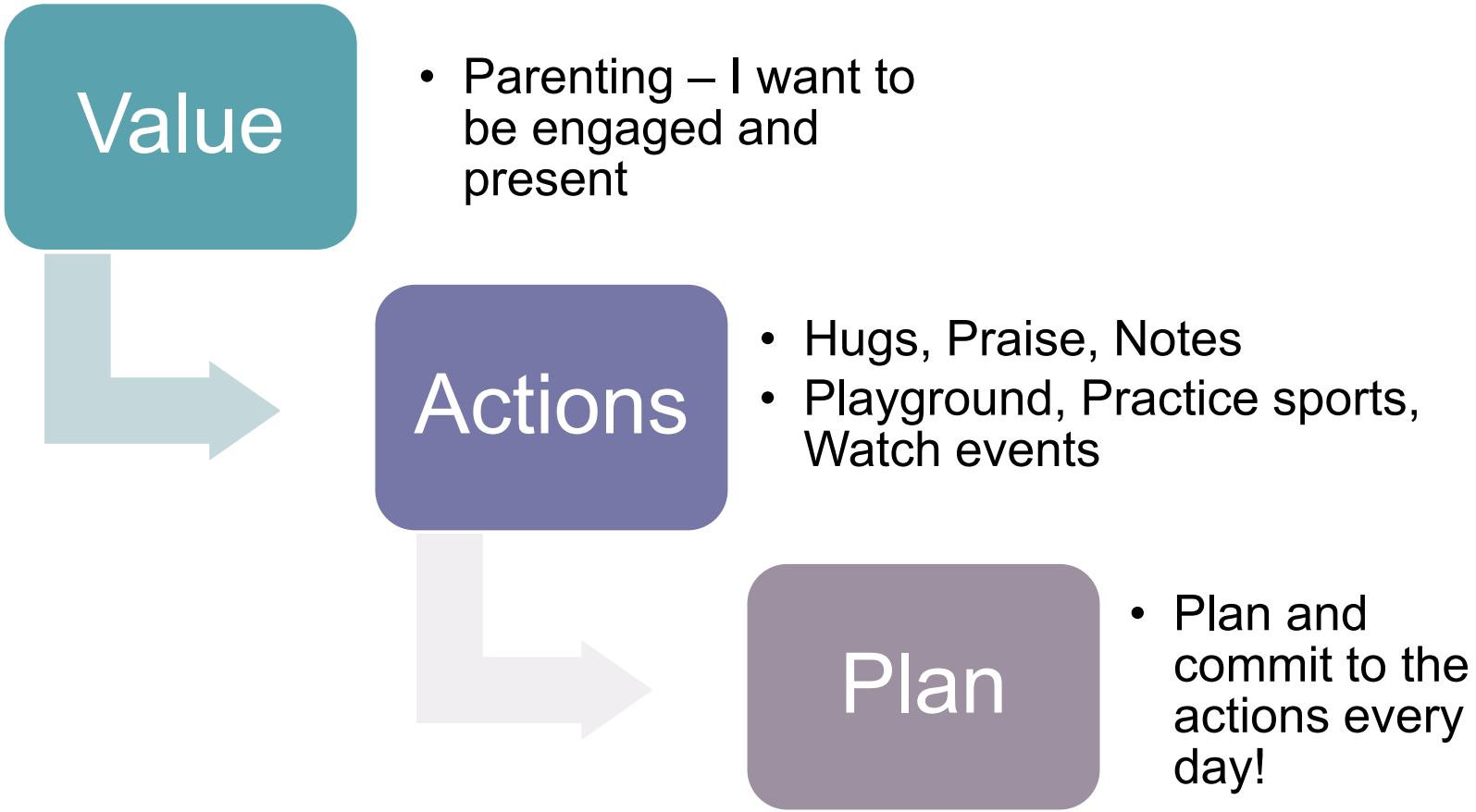
What are my values?

Growth	• What do I value about learning, education, training, and personal growth? What skills would I like to develop?
Recreation	• How do I want to relax and have fun? What sorts of activities would I like to do?
Spirituality	• What is important to me with spirituality? (Spirituality can mean anything to you, formal or informal)
Community	• How would I like to contribute to my community or environment? What environments would I like to create?
Well-Being	• How do I want to look after my health and well-being? Why is this important to me?

Values-Based Actions



Values-Based Actions



Stress Management Review

Stress Management Review

- **Stress can be helpful and unhelpful**. Chronic distress and activation of fight or flight (especially when not needed) can lead to greater problems.
- **Relaxation** can counter the harmful effects of distress. I can use TIP skills (p. 7-9) to help me change my body chemistry with cold facial temperature (dive response), intense exercise, paced breathing, and paired muscle relaxation.
- **Mindfulness** is awareness of the present moment without judgment. I can use the FFMQ-SF to help me assess where I am at with the five facets of mindfulness (Observe, Describe, Detach, Self-Compassion, and Act Mindfully). I can use mindfulness exercises to strengthen these areas (p. 17-22).

Stress Management Review

- **Helpful thinking** can allow me to take perspective and manage stressors better.
- Positive emotions can help improve my mood and reduce my vulnerability to distress. I can engage in **pleasant activities** and **values-based actions** to promote positivity, meaning, and purpose in my life.

- Practice Stress Management skills on a daily basis to maintain progress and promote further improvements. You may find it helpful to set aside time each week to review the manual and focus on practice assignments.

Future Plans

	Review Manual	TIP Skills	Mindfulness	TFT Worksheets	Pleasant Activities	Values-Based Actions
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Congratulations!

(PLEASE COMPLETE THE POST-GROUP SURVEY)