



Managing Stress

Not knowing how to control and manage your stress can be overwhelming sometimes. Trying to do a million things at once and not knowing your personal resources that you can contact for help is stressful at times. Below you will find a thorough Workshop Agenda that provides great ways to break the stress in different situations. This is helpful to facilitate at your SLS meeting.

Agenda

I. Ice Breaker-Simon Says

- **Directions:** Make sure everyone has a pen/pencil and a self-evaluation handout. Ask everyone to form a circle. We will play “Simon Says”. While participants do what Simon says, they will be filling out the self-evaluation handout.

Simon Says: Person 1-Starts

- Ex. Simon Says touch your head (participants still keep trying to fill out the sheet. Create a questionnaire about what makes a person tick and include get-to-know-you questions.)
- After 3 or 5 commands then Person 2 will call out different commands at the same time as Person 1.
(this will cause confusion)
- Stop and debrief:
 - Ask: “Why did we do this?” “What was the point?” “How does this relate to managing stress?”
 - This is how adding just a few things can make doing one task very difficult and can add stress to your life.

Funfest

Discussion: What does time management mean?
What does it mean to you?

Process:

- ◇ “How hard was it to multi-task with multiple commands in that short amount of time?”
- ◇ “Were you stressed?”
- ◇ “Time management is extremely important. Without it, we can stress out and everything begins to become hectic.”



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III. Discussion

Person 1: Starts discussion on the effects of stress and ways to manage stress.

Person 2: Starts up lavender Air Wicks in the room and plays soft music.

Person 1: "What are ways you manage stress?" Write answers on flip chart.

Person 2: "How do you think others manage their stress?" Write answers on flip chart.

Person 1: "How do you think you can help others manage their stress?" Write answers on flip chart.

Person 1: Hands out Stress Alert handout on managing stress.

IV. Wah-Master

Directions: Form a circle.

One person is the Wah-Master. The Wah-Master will bow its head (everyone will follow) and count to three. At the end of 3-Wah-Master will show a sign (Snake, Crane or Fireball). The participants need to do the opposite sign of the Wah-Master. If you do the same sign you are out. Game is repeated until there is only one person left.

Process: How does Wah-Master correlate with stress?

Many possibilities, but too many to choose from. You start to second guess yourself at the last minute which can cause stress.

Methods to Cope with Stress

- Say "No" to any extra projects or activities you know that you don't have time to do.
- Do one thing at a time.
- Plan ahead, and ask questions.
- Get plenty of sleep.
- Have an optimistic view of your chapter and the projects that you plan. Your chapter needs you.
- Don't rely on your memory. Get a planner and organize your day's schedule.
- Procrastination adds more stress to your daily life. Do things according to your planner and prioritize your schedule.
- Simplify your schedule and it will simplify your life.
- Make sure to eat a healthy diet.