

Relaxation Techniques

Introduction:

Everyone feels stress, but how you respond to it is what matters. Garza Industries wants to help employees manage stress by providing signs and symptoms and 3 stress management techniques. The goal is that employees will employ a stress management technique when needed to reduce the impact of stress on employees overall well being.

Learning Objectives:

By the end of this training, the learners will be able to

- Identify signs and symptoms of stress.
- Describe different relaxation techniques.

Outline:

Introduction

- Statistic
- Definition
- Objectives

Signs and Symptoms

- Changes in mood
- Headaches
- Lower energy
- Digestive problems
- Muscle tension

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- Physical Activity
- Warm Bath
- Play with a pet
- Chew gum

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- Color
- Deep Breathing

Conclusion

Characters:

Cathy- Custom Character to depict CEO of Garza Industries



Color Palette:



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1. Feeling stressed?			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Custom office background using color palette colors Cathy character looking stressed, images of stacks of paper Words- "Feeling stressed?" across the top, centered	Feeling stressed? You are not alone.	Sound effects of typing and phone ringing in the background.	

2. Statistics			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Solid color background using color palette Statistic prop with people and percent centered "83%" below the image with the percent is the text "of US workers suffer from work related stress" OSHA	According to the Occupational Safety and Health Administration, OSHA, 83% of US workers suffer from work related stress.	Text timed with audio	

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3. What is Stress?			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Question mark background with thought bubble in center, using colors from color palette Thought bubble has the words "What is stress?" in center	What is stress? Stress is your body's natural response to anything that causes physical, emotional, or psychological strain. It can be short-term or long-term.	Text timed with audio	

4. Objectives			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Custom office background using color palette colors People in background to show employee's working	I am Cathy Garza, CEO at Garza Industries. I recognize the importance of each employee's mental health. Knowing how to manage stress can reduce its impact on your overall health and well-being. In this video you will learn the signs and symptoms of stress and some relaxation techniques to help you manage it.	Logo enters with animation Cathy walks in from side waving, stops on left side and changes to talking position Whiteboard fades in after Cathy stops walking Mental health image and "3 techniques" have an exit animation to fade away	

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Mental Health image fades in timed with audio, set to left of board Text "Signs & Symptoms" and "Relaxation Techniques" appear timed with audio			
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5. Signs and Symptoms			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Continuation of previous scene Motion path for text "Signs & Symptoms" to move from current location to top center of whiteboard to appear as a title Bulleted list wipes in below title and timed with audio -Changes in mood -Headaches -Low energy -Digestive problems -Muscle tension	There are several signs and symptoms that can indicate stress. These include changes in mood, headaches, low energy, digestive problems, and muscle tension. If you are feeling any of these, you may be stressed out.	Motion path to move Signs and Symptoms to top of whiteboard Text timed with audio	

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6. Relaxation Techniques			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Relaxation Techniques” appear timed with audio Cathy changes to explaining position	Even though you can’t avoid stress, there are several relaxation techniques to help you better manage it. These include:	Text timed with audio	

7. Physical Activity			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Background of park with character walking Visual to represent endorphins being released Motion path for walk starts when audio gets to “going for a walk” Title “Physical Activity” centered at the top of the screen appears with audio.	Physical activity Physical activity will reduce tension and release endorphins that improve your mood. It can be as simple as going for a walk, a change of scenery helps to change your mind frame.	Character is walking throughout audio, toward end of audio motion path moves character off screen Scene transition to show continuation of information	

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8. Warm Bath			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Warm Bath” centered at the top of the screen appears with audio. Bathroom scene with Cathy in the bathtub	Warm Bath The warm water will relax your muscles and you will feel physically relaxed.	Scene transition to show continuation of information	

9. Play With A Pet			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Play With A Pet” centered at the top of the screen appears with audio. Park scene with Cathy playing with a dog	Play with a pet Playing with a pet will release oxytocin which lowers stress.	Scene transition to show continuation of information	

10. Chew Gum			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Chew Gum” centered at the top of the screen appears with audio. Office scene with Cathy working, blowing a bubble, pack of gum on desk	Chew Gum Chewing gum will reduce anxiety and stress levels.	Scene transition to show continuation of information	

11. Color

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Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Color” centered at the top of the screen appears with audio. Kitchen scene with Cathy sitting at a table with a coloring book and colored pencils	Color The repetitive motion of coloring will reduce your stress response.		

12. Deep Breathing			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title “Deep Breathing” centered at the top of the screen appears with audio.	Deep Breathing Deep breathing is known as a “super stress buster”. Taking long, slow deep breaths will counteract your body’s response to stress.		

13. Conclusion			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Same scene as scene 6 Cathy explaining Mental health image appears and fades out with audio	Your mental health is important! I encourage you to try one of the relaxation techniques the next time you are feeling stressed.		

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Same whiteboard as previous scenes, list of relaxation techniques on the board appear with audio, fade in sequence Physical Activity Warm Bath Play With A Pet Chew Gum Coloring Deep Breathing			
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14. Outro			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Garza Industries Logo	Music fades out	Logo has circle reveal animation	
Thank you!		Thank you has wipe from right animation	