

## ***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

#### Relaxation Techniques

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

## ***Relaxation Techniques***

- Color
- Deep Breathing

Conclusion

## **Characters:**

Cathy- Custom Character to depict CEO of Garza Industries



## **Color Palette:**



## ***Relaxation Techniques***

<b>1. Feeling stressed?</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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.	

<b>2. Statistics</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

### ***Relaxation Techniques***

<b>3. What is Stress?</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

<b>4. Objectives</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
Custom office background using color palette colors People in background to show employee's working  Whiteboard set to front of scene, taking up most of space  Garza industries logo large and centered on whiteboard appears timed with audio and fades out when audio gets to mental health  Cathy on left side of whiteboard facing camera	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	

### ***Relaxation Techniques***

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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<b>5. Signs and Symptoms</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

## ***Relaxation Techniques***

<b>6. Relaxation Techniques</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

<b>7. Physical Activity</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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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<b>8. Warm Bath</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

<b>9. Play With A Pet</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

<b>10. Chew Gum</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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	

<b>11. Color</b>
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## ***Relaxation Techniques***

<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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**

<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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**

<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
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.		



### ***Relaxation Techniques***

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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<b>14. Outro</b>			
<b>Visuals/Graphic</b>	<b>Script/Audio</b>	<b>Programming/Animation Notes</b>	<b>Comments</b>
Garza Industries Logo	Music fades out	Logo has circle reveal animation	
Thank you!		Thank you has wipe from right animation	