Psychoeducational Group Worksheet

PURPOSE: Discovering ways to cope and manage stress. Stress Management Skills	LEADER/ACTIVITY Lucia Kollat Lisa Bookhout
Welcome/Introduce Leaders	Both leaders will introduce themselves to the group and give a little background. Review expectations.
2-3 minute Icebreaker that relates to topic	OHIO ● **O**urself - Name, pronouns, where you are from ● **H**ow I am feeling - can be interpreted in any way ● **I**nterest of mine - can be interpreted in any way ● **O**bjective - Why are you taking this class
1 minute Transition (Introduce topic)	I'm sure everyone in this room and group has experienced some type of stress in their lives. In our work together we would like to offer some tips and coping strategies for stress management.
10-13 minute Middle content including: Discussion of topic Activity(ies) Q & A	So we would like to begin with a discussion about stress and the types of stress that you may be experiencing. What types of stressors are you experiencing and how do you know when you are stressed? What makes you become aware of stress? *Strategies for coping with stress -Meditation and breathing exercises -yoga -getting outside in nature -physical activity -journaling -doing something for you that you enjoy -get enough sleep Mood Check Pre Activity Activity: Sharing Gratitude with our groupmates Mood Check Post Activity
2-3 minute Transition to end (Summarize the meeting/ what's the "takeaway")	Summarize what we talked about today. Takeaway: stress is something everyone experiences, it can manifest in our bodies and minds in different ways. There are many ways to manage it and take care of it, what works for you? Trial and error is key here! HW: We want to challenge you to choose a strategy that we talked about today and try it out before our next meeting, please come to our next meeting ready to share about your experiences with the strategy.