

SCD Skills Workshop- Worksheet

Student Counselling & Development

Fall 2019

Part 1: What is Stress?

How do I know I am stressed?

How do I manage stress? Are these strategies working for me?

Are there healthier strategies I would like to try (e.g. meeting basic needs, self-care, social support, etc.)?



Part 2: Thought and Mood Connection

Link to video on Slide 36: <https://www.youtube.com/watch?v=K4tAHKn6Sz4>

What thoughts have brought me to Student Counselling & Development?

What evidence for or against do I have to support my thought?

Is my thought factual or an interpretation?

What would I say to a friend who is thinking this way?

If I look at this situation differently what might it look like?

Will this matter in a year from now? How about five years from now?

Part 3: Relaxation for Stress

Refer to the “SCD Skills Workshop Toolkit” for instructions on exercises that will help you to relax and manage your emotions. Additionally, recorded meditations and relaxations can be found in the “Meditation & Relaxation Techniques” folder of the memory stick.

Bring it all together

Write down three skills you can takeaway from this workshop and start practicing today.

1

2

3