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