

Coping with Stress

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Dealing with Stress, Anxiety and Depression
Take Control of Your Thoughts, Feelings and Behavior

Suggested Format for Discussion:

- Write "STRESS!!" on the board or flip chart.
- Ask participants to describe how too much stress can affect a person's weight (e.g., overeating, eating lots of sweets/carbs, skipping exercise due to depression, giving up due to hopelessness, etc.) and write the responses on the board.
- Ask participants to describe what they do to reduce stress, and write the responses on the board.
- Pass out the handouts "Dealing with Stress, Anxiety, and Depression", and "Take Control of Your Thoughts, Feeling and Behavior".
- Discuss the concept of "Get the Stinking Out of Your Thinking!" with participants by asking for examples of negative thinking and then replacing those thoughts with more positive ones.
- Discuss the numerous other suggestions for reducing stress, asking participants how they might use them in their lives.
- Suggest a relaxation tape. One is available for listening or downloading at www.nchpdp.med.va.gov/RelaxationRecording.asp. Other tapes can be purchased at bookstores.

