



Discussion Guide for

STRESS MANAGEMENT: A PRACTICAL APPROACH

Objectives

- To increase employee understanding of the ways unmanaged stress affects their health, productivity, and personal lives.
- Relates some of the common negative physical results of continual stress.
- To give employees tools, which can help them, take control of their stress levels.
- To show that although people often do not have control over events that cause stress, people can control their own reaction to stressful situations.

Synopsis

Stressful events are a part of everyone's life, and often are beyond our control. In *Stress Management: A Practical Approach*, viewers follow the stress-coping challenges of several people in real-life work situations that employees will find familiar. Some pressures come from external sources such as having too much responsibility and too little time, or lacking organization. Other pressures come from within ourselves, like feelings of powerlessness, anxiety and insecurity, and habitually indulging in negative "self-talk."

Regardless of the source, it is each individual's responsibility to find stress relief solutions that will work for them. The program presents specific methods for coping with common stresses of the workplace. An effective long-term solution is to practice "stress resistant" habits: prioritizing responsibilities, organizing work spaces, having a strong support network, eating a healthy diet, doing regular physical exercise, practicing positive self-talk, etc. The program makes a clear point that each individual must choose to reduce and manage their own stress, or risk suffering the consequences that chronic stress can create, such as high blood pressure, ulcers, and increased risk of heart attack. By taking internal control of their reaction to stressful situations, employees will learn to make positive choices for themselves that will result in greater personal satisfaction and productivity.

Questions To Ask Before Viewing

1. What types of work situations cause you to feel stress?
2. How have you dealt with stress in the past?
3. Do you tend to worry about situations you can't control? How does it help?
4. Does blaming yourself or others reduce the stress you feel? Why or why not?

5. Do you tend to mentally doubt or berate yourself? In what situations?

6. Is it possible or desirable to remove all stress from your life? Why or why not?

7. What physical consequences of repeated stress might a person experience?

Questions To Ask After Viewing

1. Did you see yourself in any of the video characters? Which ones?

2. How is personal stress management achieved? (Through commitment to self-care and stress-reducing habits.)

3. How does keeping your workspace organized reduce the stress you experience? (By making it easier to find what you need, which is especially important if you are in a hurry.)

4. List ways presented in the program that you could use to reduce stress.

5. What kinds of things might you tell yourself that fall into the category of negative self-talk?

6. What kinds of things might you tell yourself that fall into the category of positive self-talk?

7. Name three simple physical activities you could do during the workday to reduce stress.

Also available from AIMS Multimedia:

- 1-8073SG Understanding Stress
- 1-8076SG Coping with Stress
- 1-80745G The Psychobiology of Stress
- 1-8075SG Stress and Illness
- 1-8077SG Learning to Relax
- 1-9719SG Stress Relief: The Heimlich Method

PROGRAMS DETAILS

LENGTH:

18 minutes

SUBJECT AREAS:

Training & Human Resources Development

AUDIENCE LEVELS:

Adult

ORDER NUMBER:

1-9118SG

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