

# Stress Management Workshop Outline

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Oregon State University

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**Time Required:** 80 minutes

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## **I. Wait for Late-Comers - 5 min**

## **II. Preliminaries - 4 min**

- A. Introduction of Presenter; Distribute term workshop list
- B. Distribute workshop title sheet with presenter information
- C. Put up overhead: How to Handle Stress (a joke list to get everyone relaxed)

## **III. Reflecting on Experience - 10 min**

- A. Group Discussion- What is Stress (list on board)
  - 1. Physical symptoms?
  - 2. Feelings?
  - 3. Actions?
  - 4. Thoughts?
  - 5. Add to list from Indicators of Stress; distribute; let them look over briefly for review

## **IV. Assimilating & Conceptualizing**

- A. Why do we have stress? - 5 min
  - 1. Ask participants
  - 2. Discussion of evolutionary purpose (fight or flight)

B. Times when stress is good in modern times - 2 min

1. The Inverted U curve (want amount of stress for max performance, not little or too much)

C. Sources of Stress

1. Ask class to list - 1 min

2. The five stressors for college students - 5 min

a. Mention each (from handout); participants say what can be stressful about each.

b. Handout: Five Stress Producing Situations for College Students (let them look over quickly as a review)

## **V. Reflecting on Experience**

A. Quiz: How Vulnerable are You to Stress? - 7 min

1. Have them complete and briefly discuss if believe it is accurate

## **VI. Assimilating & Conceptualizing**

A. Review: We now know 1) what stress looks like, 2) why we have it, and 3) what causes it. Next; What to do about it!

B. Get suggestions from participants-list on board - 5 min

C. Add to list from Handling Your Stress handout; distribute; review - 14 min

## **VII. Experimenting and Practicing**

A. Do a relaxation exercise - 10 min

## **VIII. Planning for Application**

A. Each writes at least three ways they will change their lifestyle to reduce stress - 4 min

B. Questions & Comments - 3 min

## **IX. Evaluation - 5 min**

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