

# Stress Management Workshop Outline

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## **I. Reflecting on Experience - Brainstorm Major Stresses**

- As a group as a whole, take a few minutes to identify things which cause stress for you on a regular basis

## **II. Assimilating and Conceptualizing - Lecture/Handouts**

Distribute Stress Management: Ten Self-Care Techniques handout

1. Learn to Relax
2. Practice Acceptance
3. Talk Rationally to Yourself
4. Get Organized
5. Exercise
6. Reduce Time Urgency
7. Disarm Yourself
8. Quiet Time
9. Watch Your Habits
10. Talk with Friends

## **III. Experimenting and Practicing**

1. Structured Discussion
  - Which techniques have you tried to manage your own stress? Which ones work well for you? Which ones don't work well for you?
2. Personal Practice
  - Brief Progressive Relaxation Activity
  - Announce availability of Relaxation Training - Distribute flyer

#### **IV. Planning for Application - Developing an Action Plan**

- Distribute Action Plan handout - complete individually if there is time