

Stress Module

Session One – Assessing the Problem, Planning for Change

Session Goal:

- Conduct Mental Health and AODA screening. Determine if the client's needs go beyond the scope of EAP or if they are appropriate for EAP services.
- Identify sources of stress in client's life and rate stress severity
- Assess client's current motivation to change and provide interventions to engage client in the change process
- Provide educational material on approaches to managing stress

Interventions:

- Review stages of change handout, educate about the change process and have client identify their motivations for changing behavior
- Introduce Mind and Body information with the handouts:
 - Keep Your Mind Tuned up
 - Keep Your Body Tuned Up
- Teach or review deep breathing and relaxation techniques as beginning tools

Screening Tool Options:

1. *Review:* Stages of Change material with handouts (Registration Paperwork)
2. GAD 7
3. Life Stress Test

Homework and Handout Options:

1. My Stress Thermometer- Complete daily and return at the next session
2. Read Keep Your Mind Tuned Up & Keep Your Body Tuned Up. Choose one mind and one body strategy for stress reduction and implement it before the next session.
3. Coping Well- Complete and return at next the session.

Session Two – Making a Change

Session Goal:

- Identify client's strengths
- Assist client with coping strategies to manage stress
- Educate about the thought-feeling-behavior connection
- Start building a Stress Management Plan
- Review progress on personal goals

Interventions:

- Review homework and assist the client to identify initial strategies for managing stress
- Introduce concept of self-talk & feeling connection with the handouts:
 - Creating Positive Self-Talk
 - Say Something Positive
- Introduce thought-stopping and thought-replacement information (optional)
 - Thought-Stopping & Thought-Replacement
- Introduce resilience information and identify client's strengths
 - 10 Ways to Build Your Resilience

Homework and Handout Options:

✓ **Read Handouts:**

1. Creating Positive Self-Talk
2. Thought-Stopping & Thought-Replacement
3. Say Something Positive (Optional as additional homework – page 2)

✓ **Complete and Return Homework:**

4. Client identifies and develops plan for management of areas of stress using the Four A's Worksheet
5. Client completes Stress Management Plan A *or*
Client completes Stress Management Plan B
6. 10 Ways to Build Your Resilience. Choose one or more strategy for building your resilience and implement it before the next session.

Session Three – Building on Changes, Planning Ahead

Session Goal:

- Reinforce the client's progress and changes
- Coach the client for continued success
- Create a plan for maintenance, coping, and resilience
- Refer to ongoing support or treatment as needed

Interventions:

- Review homework and practice
- Use scaling questions to confirm the client's progress. Reinforce any positive changes.
- Use solution-focused questions to coach for sustained, positive change:
 - "How did you accomplish that?"
 - "What did you tell yourself to pull that off?"
 - "What will you have to continue to do to maintain that change?"
 - "What else is better?"
- Introduce and complete Change for Good Plan
 - Change for Good Plan

Final Handouts:

1. Change for Good Plan
2. Managing Stress, Creating Balance
3. Happiness Habits