

STRESS MANAGEMENT & MINDFULNESS

Parent Workshop

Friend to Friend Program



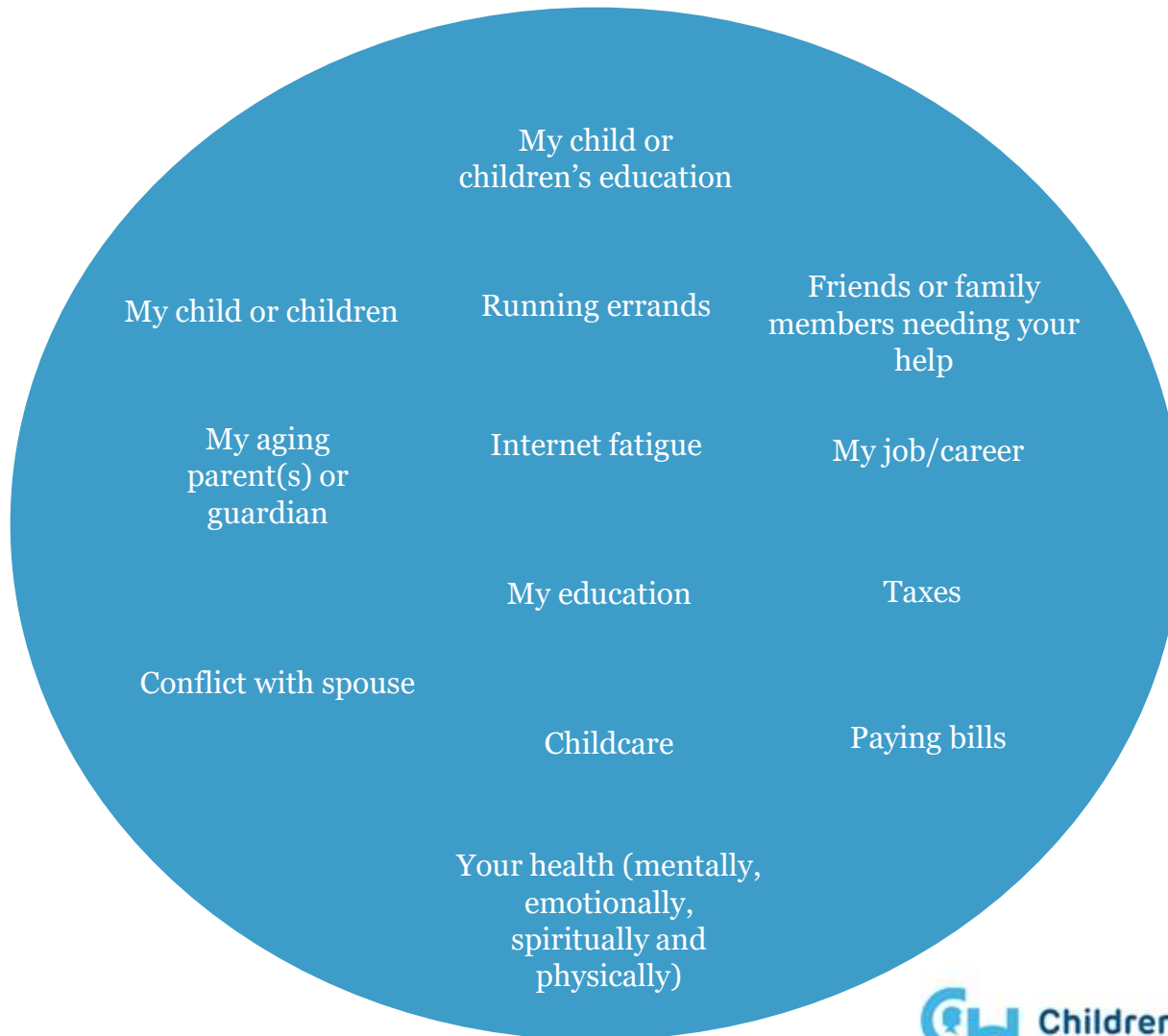
TODAY'S WORKSHOP

- Icebreaker: My Plate Activity
- How Stress Affects Us
- How to Better Understand Our Stressors
- Our Reactions to Stress
- Strategies for Handling Stress
- Developing a Stress Management Plan

ICEBREAKER: MY PLATE

- Add to your “plate” all the different things that are on your mind or that you are taking care of this week
- Different categories might be:
 - Children
 - Aging parents
 - Conflict with spouse
 - Friends needing help
 - Health
 - Childcare
 - Education
 - Work
 - Paying bills
 - Errands
 - Birthdays
 - Taxes
 - Broken computer
 - Legal problems

MY PLATE ACTIVITY EXAMPLE



HOW STRESS AFFECTS US ALL

Physical Effects

- Tense/tight muscles
- Headaches
- Over-eating
- Abusing alcohol and drugs
- Over time, heart disease and a weakened immune system
- Trouble sleeping

Emotional Effects

- Becoming forgetful
- Easily angered or crying
- Trouble concentrating



BETTER UNDERSTANDING OUR STRESSORS

There are many kinds of stress:

- Difficult childhood
- Current life circumstances (e.g., being a single parent, needing to study, not having enough money for needs)
- Overall life satisfaction (relationships, education, job)
- Cultural identity in relation to larger culture
- Caregiver burden - children AND parents/elders

Stress from positive events:

- Birth of a child
- Marriage
- New job

Stress from negative events:

- Death of a loved one
- Illness
- Discrimination

REACTIONS TO STRESS

Everyone may react to stress differently depending on someone:

- Personality
- How someone was raised
- Who his or her role models are/were growing up
- Life experiences (like trauma)

What is your stress management style?

- **Calm and confident**—taking on a lot of tasks and helping many
- **Cautious and guarded**—saying no and focusing just on yourself and/or immediate family
- **Patient and quiet** - holding it inside until you get overwhelmed and explode
- **Loudly complaining** - telling everyone what you have going on
- **Avoiding** - thinking about it and pretending problems will go away

STRATEGIES FOR HANDLING STRESS

Mindfulness

- Mindfulness helps us focus on the here and now—the present!
- Notice how you're feeling—be in tune with your body, mind and spirit
- Take your stress “temperature!”
- If you feel mentally overwhelmed, becoming more aware of nature, the world, and your surroundings can help you feel calm and grounded. Use your five senses to do this: Smell, Taste, Touch, Hearing, and Sight.



STRATEGIES FOR HANDLING STRESS

Relaxation Techniques

- Actively relaxing different muscle groups—let's stretch!
- Visual imagery
- Self-talk
- Counting slowly to 10 or taking 10 deep breaths

STRATEGIES FOR HANDLING STRESS CONT.

Getting Help

- Asking family to take some of the load
- Talking with a good, calming friend
- Getting therapy or getting support from people in a similar situation

STRATEGIES FOR HANDLING STRESS

Let it Out!

- Sing along to music
- Write about your feelings
- Tell jokes
- Watch funny movies
- Receive a massage
- Go for a walk, run, or bike ride

DEVELOPING A STRESS MANAGEMENT GAME PLAN

- List 3 or 4 stressors (e.g., money)
- Decide which ones to work on:
 - Choose ones that you can put into effect sooner rather than later
 - More manageable
- Develop your plan
 - Example: Ordering out 2 times a week instead of the usual 3-4 times a week
- **Be kind to yourself if you “slip up.” Just try again!**
- **All Progress is GREAT, no matter how small or big the step you take towards the goal!**

LEARN MORE

For additional information about Friend to Friend or to access more bullying prevention resources, please visit violence.chop.edu

CH Children's Hospital of Philadelphia
Center for Violence Prevention

ABOUT CVP RESEARCH AND PROGRAMS TRAUMA-INFORMED CARE TYPES OF VIOLENCE EDUCATIONAL RESOURCES

SUPPORTING SAFE, STRONG YOUTH

Explore our research and programs.

- Bullying Prevention
- Assault Injury Prevention
- Suicide Prevention
- Intimate Partner Violence Prevention
- Gun Safety
- Affiliated Programs

OUR MISSION

The mission of our Center is to reduce the exposure to and impact of violence among children, teens, and families. We conduct community-focused research and design innovative, evidence-based programs that are implemented, disseminated and sustained across clinical, school and neighborhood settings. Our work is trauma-informed and rooted in racial equity and social justice.