

# Coping With Work and Family Stress™

## A Workplace Preventive Intervention

Session	Description
1	<p><u>Understanding Stress: Multiple Roles and the Stress Cycle</u>            Participants identify the diverse roles they assume and the kinds of pressures they face while attempting to meet the demands of each role. The causes, symptoms, and possible consequences of stress faced by working women and men are examined.</p>
2	<p><u>Solving the Problem: Examining Stressful Situations</u>            Participants identify problem situations from their own experiences. They learn to analyze problems as the first step in mastering them by utilizing their own individual resources as well as those of a supportive group.</p>
3	<p><u>Solving the Problem: Eight Steps</u>            Procedures for rational problem solving are learned and practiced. As a group, participants generate various problem-solving strategies and consider the potential costs and benefits of those strategies.</p>
4	<p><u>Solving the Problem: Using Personal Networks</u>            Participants consider “significant others” and members of their social networks as sources of support in time of need. Enhancement of personal networks, the costs and benefits of social support, and the group mobilization process are discussed.</p>
5	<p><u>Managing Your Stress: Deep Breathing and Muscle Relaxation</u>            Deep breathing and muscle relaxation are utilized as a means for ameliorating the physical and psychological impact of stress. Ongoing practice of these techniques continues throughout the program so that participants will become reasonably expert with them.</p>
6	<p><u>Solving the Problem: Listening</u>            The benefits and elements of effective communication are discussed. Participants focus on paraphrasing and empathic responding as essential skills for resolving problems in work and related situations.</p>
7	<p><u>Solving the Problem: Responding</u>            Ineffective methods of communication are reviewed. Participants focus on I messages as a tool of successful problem resolution.</p>
8	<p><u>Solving the Problem: Assertive Communication</u>            Participants discuss the different styles of communication and learn to express their needs directly, effectively, and assertively. These skills are critical in identifying and overcoming barriers and in attacking the problem at its source.</p>

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9	<p><u>Solving the Problem: Communicating for Change</u>  All the communication skills are brought together and practiced as means for changing conditions that may cause difficulties and stress for the individual.</p>
10	<p><u>Rethinking the Problem: Stress Reassessment</u>  The way one thinks about a situation often influences the severity of the stress experienced. Participants examine effective and ineffective assessment styles and practice ways of rethinking the problem.</p>
11	<p><u>Rethinking the Problem: Self-Talk</u>  Participants share the ways in which they have thought through recent personal situations and examine how those thoughts have influenced their self-esteem. Alternative ways of thinking about these situations are considered. Self-monitoring is introduced.</p>
12	<p><u>Managing Your Stress: Eating Patterns and Exercise</u>  Participants explore ways in which their eating and exercise patterns affect their individual stress levels. Participants develop exercise programs appropriate to their life styles.</p>
13	<p><u>Managing Your Stress: The Chemical Dependency Cycle</u>  Participants learn how substance use can turn to substance abuse when used as a coping strategy for stress management. After the chemical dependency cycle is examined, participants learn to identify their own social cues, triggers, and urges.</p>
14	<p><u>Managing Your Stress: Self-Monitoring</u>  Participants review self-monitoring and set revised, realistic goals to change their patterns and habits. Barriers to achieving these goals are discussed. Refusal techniques are practiced in small groups.</p>
15	<p><u>Managing Your Stress: Using Social Supports</u>  Participants learn about enabling behavior in the chemical dependency cycle. Strategies for strengthening and expanding social supports are explored.</p>
16	<p><u>Finding Your Plan: Personal Stress Management</u>  Problem solving, rethinking the problem, and stress management techniques are integrated as participants consider the costs and benefits of applying each strategy to situations drawn from their own family and work experiences. A systematic procedure for choosing among these options is introduced. Participants review their accomplishments and create a personal stress management plan to follow after completion of the program. Implementation of this plan in gradual steps is discussed.</p>