# Stress Management & Building Resilience.

# 8 Session Programme – Outcome Coaching

Each session is of one hour 15 minute duration

The Need for Stress Management & resilience Coaching

Stress affects everybody in our society. Stress can be caused by overwork, change at work or home, unemployment, relationships, loss, illness, pollution and the pace of life itself. Stress shows itself in many different ways, some people may develop a stress-related illness, others suffer sleep loss, anxiety, panic attacks or muscular tension. One in every four people seeks treatment for stress at some time in their lives.

The programme shows you how to better manage your stress and become more resilient so that you can continue to perform at your best even in demanding circiumstances. We do not attempt to eliminate stress altogether as we need a certain amount of stress in our lives in order to achieve our goals. The programme presents the theory, skills and techniques of Stress Management.

The programme focuses on three inter-related systems involved in the way each individual responds to stress. Firstly, our thoughts. Secondly, the physical changes which take place in our bodies and thirdly, the behaviour which results from these.

***When we experience stress our thoughts are of perceived danger. Such thinking creates the physical changes we associate with fear or panic. This, in turn, may result in behaviour which causes more stress, or in avoidance of the stress provoking situation. With stress management techniques, we can learn to create relaxed and positive habits’ of thought and we can learn techniques of physical relaxation. These two changes together will result in relaxed and appropriate behaviour enabling us to achieve our goals in life.***

The programme consists of eight sessions, each having as its core a recording containing both an information giving lecture and a relaxation exercise. There are eight lectures and relaxation exercises in all which will be used in the course of each session and provided for home use .

The Relaxation Exercises   
Each of the eight sessions includes a recording of a Relaxation Exercise for your personal use. These last from fifteen to twenty minutes each.   
These are the exercises included in the programme:  
1. Passive Progressive Muscular Relaxation   
2. Active Progressive Muscular Relaxation   
3. Introducing Relaxed Breathing   
4. Deep Physical and Mental Relaxation   
5. The Full Breath and Square Breathing Exercise   
6. Autogenic Relaxation Training   
7. Anchoring to Positive Thoughts and Feelings   
8. Inner Peace and Health

**The Structure of the Programme**  
  
Session One   
- Introduction

- Nature of stress and its management and basic information about causes and associated problems.

- Stress assessments (level of risk stress-related illness and the nature of the stress problem)

- Relaxation exercise – Passive Progressive Relaxation .   
Session Two   
- Muscular relaxation as a treatment for stress.

- Learn the habit of relaxation.

- Assess your strengths and weaknesses in coping with stress and explore your approach to the problem.

- Relaxation exercise – Active Progressive Relaxation

Session Three   
- Introduction to relaxed breathing

- Causes and symptoms of stress

- Assessment: Stress and personality type.

- Relaxation exercise - Relaxed breathing.   
  
Session Four   
- Introduction to Cognitive Behavioural Therapy in theory and practise. Cognitive Behavioural Therapy argues that stress may be caused by our patterns of thinking. If we distort a situation in our minds, our emotional response is in line with the distortion, not the facts.

- Uncovering negative thinking habits.

- Assessment – Stress & Depression

- Relaxation exercise – Deep Physical and Mental Relaxation.   
Session Five   
- Focus on importance of Breathing, which is the one important function of our bodies, closely connected with our emotions, which we can consciously control.

- Hyperventilation and introduction to breath control techniques.

- The use of 'triggers'

- Relaxation exercise teaching deep breathing and breath control.   
  
Session Six   
- Challenging Negative Thinking Habits & Negative Behaviour Patterns and explore the possibilities of replacing them with more positive thoughts and behaviours ( Cognitive Behavioural Therapeutic method).

- Building self-esteem

-Relaxation exercise based on autogenic training.   
Session Seven

- Positive Thinking Techniques (Cognitive Behavioural Method).

- Relaxation exercise - Anchoring to positive thoughts and feelings.   
  
Session Eight

- Lifestyle Changes (Diet , Exercise etc)

- Assertiveness techniques

- General review in terms of changes in attitude & behaviour,.

- Relaxation exercise on inner peace and health.

**For further information please contact us at** [**info@outcomecoaching.ie**](mailto:info@outcomecoaching.ie)**, Tel: +353 87 2333132.**