***Stress Management Training***

 Session Three.

 ***Stress and Faulty Breathing Patterns***

Session Plan.

1. Recap. Having worked on Session One for at least a week you should now be familiar with the practice of *Active Progressive Relaxation.*

Remember, each time you practice your relaxation exercises, complete your ***Daily Relaxation Log***, both before **and** after

Remember , Practice daily and ***PERSEVERE!!***

1. ***Stress and Personality Type*** (S3a)

Complete this Questionnaire and score your answers

Purpose: To assess which Personality Type you fall into; Type A or Type B.

Background: Your Personality Type also affects your reaction to stress. Friedman and Rosenman found that individuals can br classified into two types. Type A individuals are characterised by highly competitive behaviour, inability to relax or switch off after work, impatience, restlessness, and and a tendency to do everything in a hurry.

Type B individuals are more relaxed, calmer, and have a less anxious approach to life.

Clinical experience shows that low levels of assertiveness, difficulties in expressing personal feelings, unrealistically high expectations of self and others, often accompanied by a high perfectionist streak can lead to high levels of stress.

1. ***Background information on Stress and Faulty Breathing Habits.***

This information is provided as both a written script and a voice recording, so use it according to your own preference.

1. ***Breathing Log.***

As described in the lecture, do this exercise again, measuring your breathing cycles per minute.

Please fill in your breathing log *daily* **before and after** practicing your relaxation exercise

Purpose: -

* To assess the effectiveness of the training
* To focus your awareness on the need to work on breathing techniques.
1. ***Relaxation Exercise – Relaxed Breathing***

This exercise is provided in written format and as a voice recording

As before, you should practice this exercise daily until your next session, lying or sitting somewhere comfortably with your head supported. Use Relaxed Breathing as a coping skill in your daily life.

1. ***Homework.***
* Try and be aware, and to note, particular patterns of behaviour you exhibit in the course of the week that relate to Type A personality, and work on possible ways to change them. This, in time, will reduce your risk of stress related illness.
* Complete Breathing Log and Daily Relaxation Log daily as described above for review in your next session.