***Stress Management Training***

Session Eight.

***Changing Your Lifestyle .***

Session Plan.

1. Recap.
* You should now have familiarised yourself with the practice of the Anchoring to Positive Thoughts and Feelings , using the Breathing Log and the Daily Relaxation Log as points of reference. Keep practicing this whenever you have the opportunity, as the more you practice, the more effective it will become.
* You should also have become more experienced with the use of your ‘Triggers’ , the Negative/Positive Mood Log , Aids to Positive Thinking and Cue Cards.
1. **Background information Lecture** on ***Changing Your Lifestyle – The Contribution of diet and Exercise to Stress.***
* This information is provided as both a written script and a voice recording, so use it according to your own preference.
1. **Relaxation Exercise** – ***Inner Peace and Health.***
* 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.
* **Note**: *Choose two or three of the Relaxation Exercises and practice one of these daily for the next few months, alternating the ones you like best. These exercises should be practiced regularly, unless you can replace them with some other regular meditation or relaxation. Anyone who is particularly vulnerable to stress should practice some form of Relaxation every day.*
* The *simplest stress reduction exercise* is counting down from 100 to 1 in your mind!
* Also remember to use muscular relaxation, mental relaxation, the breathing exercises, ‘triggers’, autogenic training and anchoring and Anchoring techniques as coping skills in your daily life.
1. **Now: Subjective Level of Stress**
* Rate your current stress level on the scale. How does it compare with the measurement in Session Two?
* What three things contribute most to your stress levels at present? Do these differ from those mentioned in Session Two?
* What changes can you make towards reducing stress in these areas?

Purpose: To measure change

 To focus your attention on areas of your life which you may want to change.

1. **Subjective Measure of Change. (S8.b)**
* **Rate** - How far has your Subjective Measure of Change been achieved on a scale of one to ten?
* If this has not been completely achieved, **what measures can you take** towards achieving it?

 Purpose: To measure change, hopefully to focus on your success!

 To focus your attention on areas of your life which you may need to change.

 To remind you that ***it is up to you*** to work towards any desired change!

1. **Complete your Breathing Log and Daily Relaxation Log for Session Eight.**

We sincerely hope that your scores have progressed over the weeks and always remember, change takes time and practice. The more you put in, the more benefit you will glean from the process! Continue to use athe skills you have learned in the training.

1. **Evaluation of the training (S8.c)**

Please complete the evaluation form as it gives valuable feedback to your coach and trainers on the effectiveness of the material.

**To organise follow-up one to one coaching please contact Cathryn at:**

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