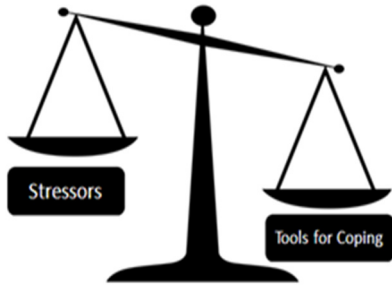


Are things balanced...

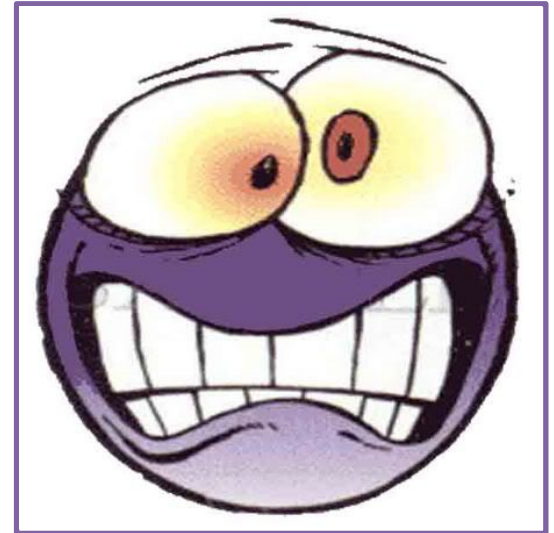


The goal of this group is two-fold;

1. To help adolescents increase awareness of:
  - Personal reactions to stress
  - Impacts of stress
  - Current coping patterns
2. To teach adolescents:
  - Healthy coping tools
  - Relaxation techniques
  - Challenge and change negative reactions
  - How to build more positives

This group might be for you if:

- You are **frequently** stressed
- You feel like your stress levels are really high
- You have limited positive coping tools
- You have a hard time calming down



## Adolescent Stress & Coping Group

Bridges Program

## Stress & Coping

- Stress is normal and needed.
- Life is full of stressors, so learning how to manage stress is important.
- Some people are born more sensitive and find stress harder to manage.
- Learning to manage stress is a skill.
- Skills only develop with practice.
- Stress becomes a problem when there is an imbalance between stressors and coping tools.

## Group Details

- 8 weeks (1.5 hours/ 1 day per week)
- 6-8 members
- Leaders will share information through videos, activities and handouts
- Commitment to attendance is important as each week builds on the next



## How will group help?

- Help you understand stress
- Learn about the effects of stress on your brain, body and behaviour
- Learn about factors impacting stress
- Learn about your coping patterns
- Give you skills to better manage your stress
- Learn to manage emotions
- Meet other people who have trouble managing stress

## GROUP OUTLINE

### Week 1: What is Stress?

- Getting to know your stress and coping tools

### Week 2: Stress & Your Powerful Brain

- Highlight the thought- feeling connection

### Week 3: Strategies for Stressful Thoughts

- Skills to deal with stressful thinking patterns

### Week 4: Stress & Body Symptoms

- Awareness of stress on the body

### Week 5: Caring for Your Body

- Basic self-care & relaxation strategies

### Week 6: Stress: How We React (behaviour)

- Understanding how we respond to stress

### Week 7: Managing our Reactions

- Managing reactions and moving in a positive direction

### Week 8: Pulling it All Together

- Review of skills and plan for the future