STRESS MANAGEMENT

Core change-focused mental health program unit. The primary focus of these resources assessing and establishing balance - emotional stability and the capability to respond in appropriate ways to events. There is major emphasis on dealing wih specific feelings and triggers. The final elements address protective factors, resilience and building personal confidence.

	Resource	Description
C-1	Session opener	A moment for your mind
	Scenarios	MH FFT Deep Sadness
	SP3- Learning how to keep life in balance	Guides clients to: (1) evaluate cues that they are out of balance; (2) identify specific ways to keep today in balance
	TT10 - How am I doing today?	Self-awareness and self-analysis
C-2	Session opener	A moment for your mind
	Scenario	MH FFT Can't Concentrate
	RH3.1 - Dealing with discomfort, part 1	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns.
	Worksheet	To review the situation (balance element)
	MI element	Change talk tool (PCA-)
C-3	Session opener	A moment for your mind
	Scenario	MH FFT Designated Worrier
	RH3.2 - Dealing with discomfort, part 2	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	Self-management skill set	Self-Soothing Skill #1
C-4	Session opener	A moment for your mind
	Scenario	MH FFT Cutting
	RH3.3 - Dealing with discomfort, part 3	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	MI element	Importance and confidence assessment.
	Self-management skill set	Self-Soothing Skill #2

C-5	Session opener	A moment for your mind
	Scenario	MH FFT New Meds
	RH3.4 - Dealing with discomfort, part 4	Identifies and addresses common feelings; identifies issues and asks participants to demonstrate how they plan to handle these concerns..
	Worksheet	Where do you stand?
	Self-management skill set	Self-Soothing Skill #3
C-6	Session opener	A moment for your mind
	CS9.1 - Managing your stress, part 1	Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and introduction to several key coping skills.
	Worksheet	What really matters to you?
	Self-management skills set	Distraction Skill #1
C-7	Session opener	A moment for your mind
	CS9.2 - Managing your stress, part 2	As above
	Self-management skills set	Distraction Skill #2
	Worksheet	Stressors and triggers lead to discomfort
C-8	Session opener	A moment for your mind
	CS9.3 - Managing your stress, part 3	As above, includes skills practice
	Self-management skills set	Distraction Skill #3
C-9	Session opener	A moment for your mind
	CS9.4 - Managing your stress, part 4	As above, includes skills practice
	Worksheet	What are my options?
	Self-management skills set	Brief Review of Self-Soothing and Distraction Skills

C-10	Session opener	A moment for your mind
	CS9.5 - Managing your stress, part 5	As above
	Worksheet	Confidence checklist (balance) (SCQ)
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare.