

AR Mini-Session

Session Title: **De-Stress - Recipe for Relaxation - Session II**

Time: 15 minutes

Materials/Equipment Needed: newsprint, markers
CD player/relaxing CDs

Handouts: Quick Relaxation Techniques



Script

Say → A good leader needs to know how to relax, whether he or she has ten minutes or a Saturday afternoon.

Activity 1

[Write the following three questions on newsprint, then ask the participants to answer them:

- 1) Three things that give me stress are:*
- 2) My symptoms of stress are:*
- 3) I deal with my stress in the following way:*

Ask if anyone wants to share their responses.]

Say → An athletic victory, an association triumph or a joyful wedding can produce the same physiological changes in the body as a sports loss, association defeat or a painful divorce. In fact, people need a certain amount of stress for life to have meaning. Stress can even be energizing instead of harmful since it can stimulate creativity and, up to a point, increase efficiency and productivity. In short, stress covers the whole spectrum from stage fright to a virtuoso performance.

Different people have different thresholds to similar stress situations, and they cope with stress in different ways. Every person has some point at which stress exacts a toll: the price can be impaired health to lowered job effectiveness.

It is therefore critical to be able to recognize your stressors and learn to handle your reaction to stress. You may not be able to change a stressful situation but you can control your reaction to it.

Activity 2

[Distribute the “Quick Relaxation Techniques” and have participants read the pointers. Ask them to practice “Tense & Release” together. Then have them scan the other choices and try one.]

Say → Keep these techniques handy for when you want to relax. Longer stress and time management classes can be scheduled through the NCAE Center for Teaching and Learning. Call 800-662-7924 to schedule.