

AR Mini-Session

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

Time: 15 minutes

Materials/Equipment Needed: large bath towel (have participants bring one)
newsprint, markers
CD player/CDs

Handouts: Do You Have Some Stress-prone Habits
Stress Management and Self-care



Script

Say → Good leaders need to know how to relax, whether he/she has ten minutes or a Saturday afternoon.

Activity 1

[Distribute the “Do You Have Some Stress-Prone Habits” handout. Ask participants to share how they handle their stress. Give participants five minutes to answer.]

[Have participants turn over to “Stress Management and Self Care” and tell them to read this on their own.]

Activity 2

1. *Be sure music is playing softly.*
2. *Pass out the towels or have participants use the towel they brought.*
3. *Have participants roll the towels into a neck pillow (turn sides in, then roll up)*
4. *Have participants get on the floor and put their feet in the chair.*
5. *Tell them to place the towel under their neck and relax.*
6. *Tell them to close their eyes (the only voice they should hear is the facilitator’s).*
7. *At this time say, “breathe in, 1, 2, 3, 4, 5—breathe out, 1, 2, 3, 4, 5 (do this three times).*
8. *Instruct them to create an ideal place for them in their mind and go there.*
9. *Tell them to listen to the music and repeating #7 breathing*
10. *As the participants go through this exercise, talk to them with an easy, soft, slow and calming tone of voice. Ask each participant to share one thing that they do to relax. Remind them to speak in the same tone of voice as the facilitator.*

Say → Longer stress and time management classes can be scheduled through the NCAE Center for Teaching and Learning. Call 800-662-7924 to schedule.