



Co-funded by
the European Union

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Action KA210-ADU - Small-scale partnerships in adult education



THRIVE50+

Set of materials for the workshop



Title: Introduction to Stress
Management: Understanding
Stress and Its Effects

Project title:

**Total Health Resources for Improving
Vitality and Endurance 50+**

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+





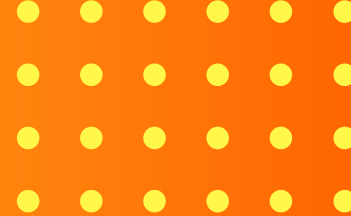
FACILITATOR GUIDE



BASIC INFORMATION

The "Introduction to Stress Management" workshop is designed to help participants gain a foundational understanding of stress, including its various types, the physical and mental effects it has on the body, and how to identify personal stress triggers.

By understanding these elements, participants will be better equipped to manage stress effectively and improve their overall well-being.



TARGET GROUP NEEDS

This workshop targets individuals aged 50 and above, a group that often experiences stress due to significant life changes, such as retirement, caregiving, health concerns, and financial adjustments. This demographic may face both chronic stress and acute stressors that impact their physical and mental health. The workshop addresses their specific need to understand how stress manifests in their lives, offering practical strategies for recognizing personal triggers and reducing the negative effects of stress.

DURATION

The workshop lasts 2-3 hours. It is structured to maintain a balance between learning and practice, including time for discussions, active breaks, and relaxation exercises.

NUMBER OF PARTICIPANTS

The ideal number of participants is between 2 to 15. This allows for effective group interaction, personal engagement with the facilitator, and the ability to tailor some activities to individual needs.





EDUCATIONAL OBJECTIVES

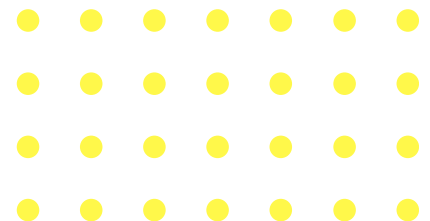
Understand the Definition and Types of Stress: Participants will learn what stress is, including the difference between positive stress (eustress) and negative stress (distress). They will be able to identify both acute and chronic stress and recognize how each type affects their daily lives.

Comprehend the Physical and Mental Effects of Stress: Participants will gain insight into how stress affects the body and mind, from increased heart rate and muscle tension to emotional symptoms such as anxiety and irritability. This will help them understand the broader impact of unmanaged stress on their overall health.

Identify Personal Stress Triggers: Participants will engage in exercises to reflect on their own life experiences and recognize the specific situations or events that trigger stress for them. They will also learn how to manage these triggers more effectively using practical techniques like mindfulness, breathing exercises, and relaxation practices.

MATERIALS

- **Name tags:** For easy participant identification and fostering a welcoming environment.
- **Computer and Projector:** These will be used to display a PowerPoint presentation that explains the different types of stress (e.g., eustress, distress, acute, chronic) and their characteristics.
- **Speakers:** For playing any relevant audio or calming background music during activities such as discussions or stress-relief exercises.





- **Flip Chart and Markers:** To visually illustrate key points about stress and allow for real-time note-taking during group discussions or brainstorming sessions about stress types.
- **Comfortable seating:** To facilitate discussions and group activities that encourage sharing experiences of stress triggers and types.
- **Soft ball:** Used during the energizer break (Ball Toss Game) to boost energy and encourage sharing stress management tips.

METHODS AND TECHNIQUES

- **Lectures and Presentations:** The facilitator introduces types of stress (eustress, distress, acute, chronic) with visual aids and relatable examples.
- **Group Discussions:** Participants share personal experiences with stress and its effects on their health.
- **Brainstorming Sessions:** Using a flip chart, participants categorize their stressors into different types to better understand their impact.
- **Case Studies and Role-Playing:** Small groups identify stress types in hypothetical scenarios and discuss coping strategies.
- **Reflective Journaling:** Participants reflect on personal stress experiences, helping them connect theory to real life.





Co-funded by
the European Union

Workshop Breakdown



THRIVE 50+





1. Welcome and Introduction (10 minutes)

Objective

Introduce the purpose of the workshop and create a comfortable environment.

Activities

- Greet participants: Welcome everyone as they arrive, ensuring they feel comfortable and ready to engage.
- Present the workshop goals: Briefly outline the objectives of the workshop, emphasizing the focus on understanding stress, its effects, and practical techniques for managing it. Highlight the importance of learning how to identify personal stress triggers and differentiate between types of stress (eustress, distress, acute, chronic).
- Participant introductions: Each participant introduces themselves, sharing their name and something about their experiences with stress. Encourage participants to mention what they hope to learn during the workshop or how they currently cope with stress. This fosters connection and provides insight into the group's needs and expectations.

Materials Needed: PowerPoint presentation (slide 2), Name tags, flip chart, markers.





2. Ice-Breaker: "Two Truths and a Lie" (10 minutes)

Objective

Foster interaction and create a light, fun atmosphere.

Instructions

Each participant shares three statements about themselves—two truths and one lie. The group guesses which one is the lie.

Materials Needed: PowerPoint presentation (slides 3-4)

3. Introduction to Stress (15 minutes)

Objective

Provide a clear understanding of what stress is and its impact on the body.



Key Points

- Definition of stress (physical, mental, and emotional responses to pressure).
- The difference between positive (eustress) and negative (distress) stress.
- How stress affects health (e.g., cardiovascular issues, mental health).

Materials Needed: PowerPoint presentation (slides 5-8).

4. How Does Stress Affect the Body? (10 minutes)

Objective

Understand the physical impact of stress on the body.

Key Points

- Stress activates the body's fight-or-flight response, releasing hormones like cortisol and adrenaline.
- Long-term stress leads to physical symptoms: High blood pressure, muscle tension, headaches, digestive issues.

Materials Needed: PowerPoint presentation (slides 9-13)





5. Stress Awareness Exercise: Body Scan Meditation (10 minutes)

Objective

Help participants become aware of their physical responses to stress.

Instructions:

- Guide participants through a body scan, asking them to mentally “scan” for tension in various parts of their body, from head to toe.
- Encourage deep breathing throughout.

Materials Needed: PowerPoint presentation (slide 14), Calm background music (optional).





6. Energizing Break (5 minutes)

Objective

Re-energize the group and maintain focus.

Activity

- **"Shake It Off" Exercise:** Participants stand and shake their limbs (arms, legs, etc.) to relieve tension and increase blood flow.
- Optionally play upbeat music.

Materials Needed: PowerPoint presentation (slide 15), Music player and space to move around.

7. Group Discussion: Personal Stress Triggers (15 minutes)

Objective

Encourage participants to share their personal experiences with stress.





Instructions

- Participants split into small groups to discuss their primary stressors and what they currently do to manage stress.
- After 10 minutes, each group shares their insights with the entire group.

Materials Needed: PowerPoint presentation (slide 16), Flip chart to write down key points from the discussion.

8. Practical Exercise: Journaling for Stress Management (10 minutes)

Objective

Teach participants how journaling can help manage stress by reflecting on emotions and stress triggers.

Instructions

Each participant shares three statements about themselves—two truths and one lie. The group guesses which one is the lie.

Materials Needed: PowerPoint presentation (slide 17), Pens and notepads.



9. Energizer Break: "Ball Toss Game" (5 minutes)

Objective

Boost energy and lighten the mood.

Activities

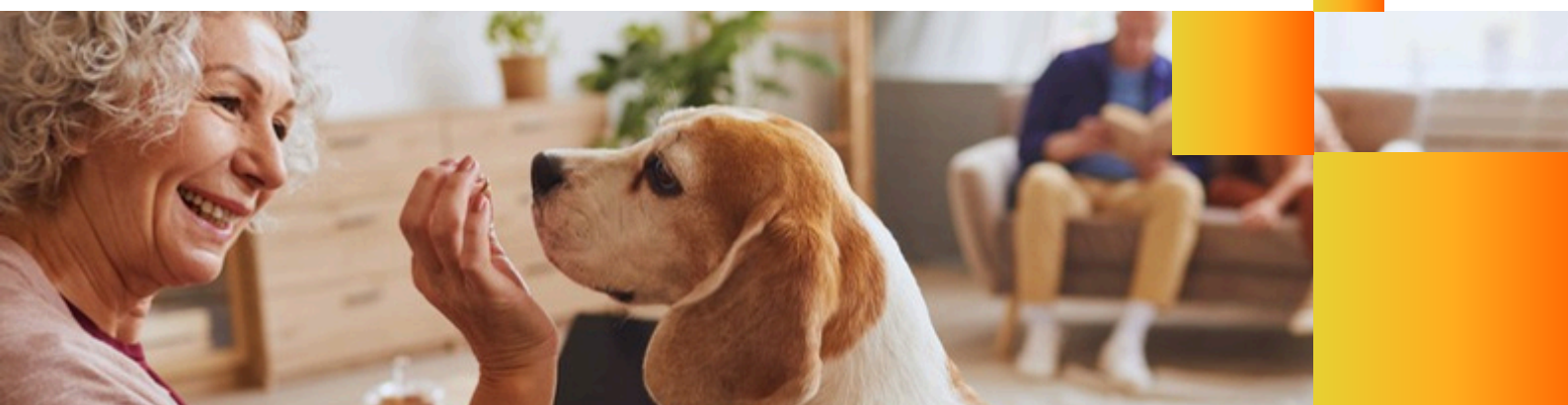
Stand in a circle and toss a small ball between participants. The person catching the ball has to share a quick tip or technique they've learned for managing stress.

Materials Needed: PowerPoint presentation (slide 18), Soft ball.

10. Coping Strategies for Long-Term Stress Management (15 minutes)

Objective

Equip participants with strategies for managing ongoing stress.





Key Points:

- Importance of physical activity, balanced nutrition, and sleep.
- Social support and maintaining a strong network of friends and family.
- Time management tips and setting realistic goals.
- Identifying professional support if needed (therapy, counseling).

Materials Needed: Presentation with tips and advice (slides 19-23).

11. Why Stress Management is Important? (10 minutes)

Objective

Help participants understand the significance of stress management in their daily lives, including the long-term benefits for physical and mental health.

Key Points

- The negative effects of unmanaged stress on health, including increased risk of cardiovascular disease, weakened immune system, and mental health issues like anxiety and depression.
- How managing stress improves overall quality of life, productivity, and emotional well-being.
- The role of stress management in preventing burnout and enhancing resilience in both personal and professional environments.
- The broader impact of managing stress on relationships, decision-making, and personal growth.

Materials Needed: PowerPoint presentation (slides 24-31)





12. Closing and Reflection (5 minutes)

Objective

- Conclude the workshop and provide space for participants to reflect on what they've learned.

Instructions

- Ask participants to share one takeaway from the session or one technique they plan to use.
- Provide additional resources (books, apps, etc.) for further practice.

Materials Needed: PowerPoint presentation (slides 32-34), Evaluation forms (optional), resource list handout.

