

Stress Management Strategies

Category of Competencies: Stress Management Skills

Description:

This collaborative activity encourages participants to share and learn stress management techniques by discussing strategies that can be used in various stressful situations.

Activity Categories:

Group, In-person, Easy to Prepare, Easy to Implement, One-Off Session, Little or No Equipment Needed

Main Competencies Involved:

Ability to deal with pressure, Dealing with complexity, Problem-solving

Other Competencies (Different Category):

Self-control

Resources Needed and Practical Considerations:

Large sheets of paper or a whiteboard (if in-person), digital collaboration tools like Google Docs or a virtual whiteboard (if online), markers, pens, or digital note-taking tools

Estimated Time:

45 minutes

Description of Activity:

Step 1: The facilitator introduces the concept of stress management, explaining that stress is common and can be managed with effective strategies. Participants are informed that they will work together to discuss and organise techniques they can use in different stressful situations.

Step 2: Participants are divided into small groups. Each group is given a list of suggested stress management techniques and is encouraged to discuss which techniques they find useful and why. Each group can add any additional techniques that have worked for them.

Step 3: Each group presents the additional techniques they discussed. As a larger group, participants organise these techniques into categories, such as:

- Quick fixes: Techniques for immediate stress relief.
- Long-term strategies: Techniques for managing ongoing stress.
- Physical techniques: Strategies involving physical movement.



- Mental/emotional techniques: Strategies for managing thoughts and emotions.

Step 4: The facilitator concludes with a group discussion, asking questions like:

Which techniques do you find most useful?

How can you incorporate these strategies into your routine?

Are there any new techniques you plan to try out?

Stress Management Techniques



1. **Deep Breathing**
Description: Taking slow, deep breaths can help calm the mind and body.
2. **Progressive Muscle Relaxation**
Description: Tense and relax different muscle groups to release physical tension.
3. **Physical Exercise**
Description: Engaging in physical activity like walking, stretching, or playing a sport releases endorphins and reduces stress.
4. **Listening to Music**
Description: Calming or upbeat music can shift your mood and relax your mind.
5. **Taking Breaks**
Description: Stepping away from a task for 5–10 minutes can refresh your focus and reduce stress levels.
6. **Visualisation**
Description: Imagining a peaceful place (like a beach or forest) reduces anxiety and calms the mind.
7. **Talking to a Friend**
Description: Discussing feelings with a trusted friend provides emotional support and helps relieve stress.
8. **Journaling**
Description: Writing down thoughts and feelings helps process emotions and reduces stress.
9. **Positive Self-Talk**
Description: Replacing negative thoughts with positive affirmations boosts confidence and reduces stress.
10. **Setting Realistic Goals**
Description: Breaking tasks into smaller, manageable steps prevents feeling overwhelmed.
11. **Time Management**
Description: Planning your day and prioritising tasks prevents last-minute rushes and reduces stress.
12. **Meditation**
Description: Practising mindfulness or focused meditation increases calm and clarity.
13. **Prioritisation**
Description: Focusing on high-impact tasks first helps manage workload and reduce stress.
14. **Progressive Relaxation**
Description: Slowly relaxing each part of the body eases stress and tension.

