Self Care

Aim: To encourage participants to look after themselves as part of the helping process

Materials: Stress Test: Ready to Deal with Stress? (handout), pens

Input (5 mins): Discuss stress and how it can be managed, because it is often a misunderstood phenomenon. There are two types of stress – eustress is positive, useful and motivates us to our maximum performance. The other type – distress can be harmful and destructive. However, as stress is inevitable and present in all our lives, we must learn to manage it. We have many options of managing stress and some are more useful than others. It is not helpful to drink, smoke, use drugs, engage in risky behavior, etc. Instead, there are other more useful stress-reducing activities we can participate in (do not elaborate on these as participants will be asked to brainstorm a list).

Activity (5 mins): Distribute the handout, Stress Test: Ready to Deal with Stress, to participants. Have them spend 5 minutes taking the test. Clarify to participants that the test is not a definitive instrument, but rather just a short exercise that can be used to inform themselves. The next activity will give them an opportunity to discuss stress and the ways that they can take care of themselves.