

Family Strengthening Skills Training
Building Confident Families
Session I: My Family and I Handle Stress

OBJECTIVES

1. Each participating family member will identify two personal stressors and describe how to manage them.
2. Each participating family member will explain how other family members are affected by stress.
3. Each participating family member will identify and describe people who will listen, comfort, and support them in times of stress.

1



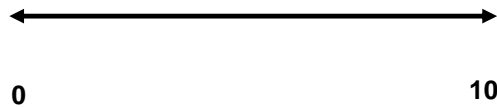
2



Are you stressful right now?

3

What is your stress level?



4

Stressbusters: Skills for Coping

1. Identify the stressors
2. Manage you feelings
 - Identify → Accept → Express → Decide what you need to feel better
3. Positive attitude (e.g. glass is half full vs. half empty)
4. Investigate possible choices
5. Accept people sometimes make mistakes
6. Take a break
7. One step at a time
8. Plan ahead
9. Discuss the situation with someone else
10. Write in your journal



5

Other Stressbusters Suggested by the Group

- Music
- Spiritual Expression (e.g. prayer)
- Affirmations (e.g. "I am a good, valued person in my own right")
- Visualize your stress (e.g. drawing, make use of the feeling faces)
- Do something physical but not harmful to anybody (e.g. gym, walking, yoga)
- Seek help (e.g. family, friend, church, school, social worker, counselor, etc.)
- Stressbusters in your workplace (e.g. take a walk around the building, grab a cup of coffee and sit quietly alone in a private spot, or give yourself a scalp massage in the restroom.)

6