

Session 16 Leader Guide:

Manage Your Stress

Objectives

In this session, the participants will:

- Discuss stress and how it affects their lifestyle habits.
- Describe different aspects of their stress experience.
- Describe how they cope with stress currently and determine whether these strategies are healthy or unhealthy.
- Consider the ways in which stress is a barrier to making healthy changes in eating and exercise behaviors.
- Review and discuss ways to “take charge” of their personal response to stress. Group members will identify ways to reduce or prevent stress. They will also discuss ways of managing stress in the moment.
- Practice relaxation techniques, specifically belly breathing.
- Consider the importance of good sleep habits and learn tips for improving sleep.
- Consider the healthy effects of humor and laughter, and “making time” to laugh.

To Do Before the Session:

- If providing Food and Activity records, have a supply available for participants.
- Prepare Session 16 handout for participant notebooks.
- Review Food and Activity Records; add comments.
- If collecting **Resistance Training Logs**; add comments.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, as they achieve their weight goals.
- Print copies of the **Group Lifestyle Balance Monthly Calendar**; have a supply available for participants.
- Given the array of self-monitoring tools provided, determine your protocol for review and feedback to the participants. Note: As session frequency decreases, the number of records returned at each session may increase.
- If providing **Resistance Training Logs**; have a supply available for participants.

Available in the DPP-GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal Handout**
- **Group Lifestyle Balance Monthly Calendar**
- **Guidelines for Reviewing Food and Activity Records**

*[Note: For those participants who have reached their goal weight, review with them the handout entitled **When You Reach Your Weight Goal**. This may be done before or after the group meeting.]*

Group Sharing Time (allow at least 5 minutes)

Let's take a few minutes to see how things went since our last meeting.

Were you able to apply what you learned at the last lesson to something in your life? If yes, how?

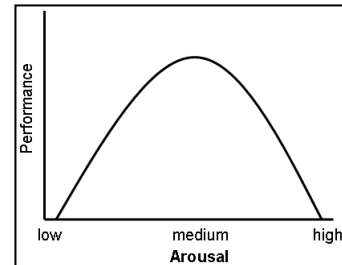
[Problem solve with the participants to address any barriers.]

[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion]

Manage Your Stress (pages 1-3)

[Review page 1 and include the following:]

- Stress is part of everyone's life but the personal experience of stress varies from person to person.
- Positive events (births, weddings etc.) may cause stress.
- The "inverted U-shaped curve" (also referred to as the Yerkes-Dodson law) is sometimes used as a visual for showing that there is an "optimal" range for stress, arousal, and behavior for each individual. Some amount of stress and arousal is good and provides excitement in life, but too much stress and arousal can be uncomfortable and harmful to your health and well-being.



Stress comes in many forms and may be related to:

[Ask the group members to think about different categories of stress (physical, environmental, social and emotional) and their personal experiences with some of these.]

Think about your stress experiences, particularly as it relates to your efforts at healthy eating and physical activity. **Take a minute and answer** the questions on the bottom of the page. *[Ask participants to share their answers, if comfortable doing so.]*

[Review and discuss why too much stress can make it harder to reach and keep a healthy body weight or stay physically active (page 2).]

[Review and discuss the multiple ways to prevent or reduce stress listed on pages 2 and 3.]

When stress cannot be avoided, the task becomes one of problem solving and planning for the future so that stress can be circumvented and/or better managed. “Taking charge of stress” is a learned behavior similar to the other “taking charge” behavior change lessons you have been working on. *[Review **When you can’t prevent stress, try to manage it better** (page 3). Ask the group to share their 10-minute time out strategies. Encourage discussion of other ideas for healthy ways to respond to stress.]*

Let’s practice a specific relaxation technique called “belly breathing”. *[This practice may be done while sitting in chairs. You can set the stage by dimming lights and guiding the group through the exercise for approximately five minutes.]*

Manage Sleep to Manage Stress (page 4)

[Ask group members to share how they feel when they have just the right amount of sleep compared to too little, or too much sleep.]

[Review basic sleep research facts (www.cdc.gov/features/sleep) and the basic premise that sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. Encourage participants to track their sleep for a week.]

Tips for Getting Better Sleep (page 5)

[Review and discuss the factors that can have a positive or negative impact on personal sleep hygiene.]

Laughter is Good Medicine (page 6)

[Review and discuss the benefits of humor and laughter for a healthy lifestyle and for blood glucose control.]

To Do (page 7)

Turn to page 7 and let’s focus on what you can do between now and the next session.

[Review and discuss. Encourage participants to take what they learned in today’s group meeting and apply it. See if it helps them in their lifestyle change efforts.]

[Explain the 7-Day Sitting Diary on pages 8-9. Ask participants to bring the completed form to the next group meeting.]

[Announce the day, time, and place for the next session.]

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Follow your program's protocol for reviewing and commenting on the various self-monitoring records.
- Review the self-monitoring records. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor and to change eating and activity behaviors.
 - Highlight any positive changes made that relate to the topic of the last session before the records were collected.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs**, review them. Write brief comments. Be positive and encouraging.