

Stress Management Resources



For
Member
Districts

Stress Management Workshops

Workshops can be 30 minutes to 2 hours; can be provided on staff development days; after or before school, as part of staff meetings; or during lunch; title and content can be customized to audience.

Work Life Balance: Are you Juggling or Struggling?



This day and age, there is a lot on our plate at any one given time. Employees need to balance the demands of work, family, friends, personal interests, community activities and, of course, self. Often the burden becomes too great,

leading to job burnout and overall life stress. This training offers a framework for understanding why work-life balance is so critical for everyone, and most importantly to you. It also offers practical, hand-on strategies for how to pull this off when the demands on your time are constant and insatiable. Participants will learn how to assess life priorities; determine activities that could be eliminated, practical time management techniques, how to use assertive communication & good listening skills and strategies for developing/keeping a positive outlook on life.

Resiliency in Action

When it seems that “the job” is what an unsatisfying life is all about, chances are it's not about the job; it's about our personal abilities to cope, thrive, and own up to our responsibilities. No matter the economic conditions or other high stress situations affecting us, our role is to take care of our health. Resiliency is generally defined as strength in the midst of change and stressful life events; the ability to spring back from and successfully adapt to adversity. This training provides participants with the opportunity to assess their individual qualities that facilitate resiliency and to determine how these qualities can best be applied to current life problems and stressors.

Creating Positive Relationships, Handling Challenging Situations

Never again fall victim to those who make life miserable! No doubt about it, working with a range of personalities and work styles can be challenging. If employees can identify and adapt to various styles, they will be better equipped to overcome conflicts when they arise. This workshop focuses on learning effective strategies to reduce friction and resolve conflict in a diverse workforce.

Preventing and Recognizing Burnout

Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress. It can occur when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose interest and motivation. Burnout reduces your productivity and saps your energy, leaving you feeling increasingly hopeless, powerless, cynical, and resentful. The effects of burnout can eventually threaten your job, your relationships, and your health. Because burnout doesn't happen overnight — and it's difficult to fight once you're in the middle of it — it's important to recognize the early signs of burnout and ward it off. In this workshop, learn tips to prevent burnout so that you manage your stress, and your stress doesn't end up managing you!

Enhancing Your Influence with Effective Communication

This fun and interactive workshop explores the characteristics and challenges of being a good communicator and team player. It will help participants understand the skills needed to be a better employee and part of a successful team. You will engage in group exercises that address: characteristics of effective teams, team development, barriers to teamwork, and team problem-solving techniques. Additionally, you will determine what type of communicator you are and ways to improve your communication style. Participants will learn how to maximize interactions with others through active listening and expressing messages assertively - no matter what the situation.



For more information on Stress Management Resources visit our website at www.cccsig.org or contact Denise Schreiner at 1 (866) 922-2744 ext. 270 or dschreiner@cccsig.org.

Stress Management Brochures: Various titles available.

Fall & Spring “Walking Programs”: Introduced typically in October and March; usually 6-8 weeks; motivates participants to either start becoming more fit or maintain their fitness in a fun way, individually or as a team, at the workplace or at home.

DVD/VHS Library: Coping With Stress, Laughing at Stress and Lilia's Yoga Workout Series for Beginners are just some of the titles available to assist with stress management. Visit the website for all titles.

Chair Massage Directory: Teachers love this one! CCCSIG/District locates a certified massage therapist in your area; arrives at a reasonable cost per minute; arranges a time/location; promotes the event to staff indicating prices and how to sign up. Typically employees pay for their own massage.