

# ADDITIONAL MODULE: Stress management - understanding and managing stress

## LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY

### Objective n° 2

#### EXPLORING AND PRACTICING STRESS MANAGEMENT TECHNIQUES

##### Learning Goals:

- Participants will demonstrate the ability to identify sources of stress and apply effective stress management techniques, such as mindfulness, deep breathing, and time management, to reduce stress and enhance well-being."
- Participants will learn methods to prioritize tasks, set realistic goals, and manage time effectively, reducing feelings of being overwhelmed.

### Objective n° 1

#### UNDERSTANDING STRESS AND ITS IMPACT

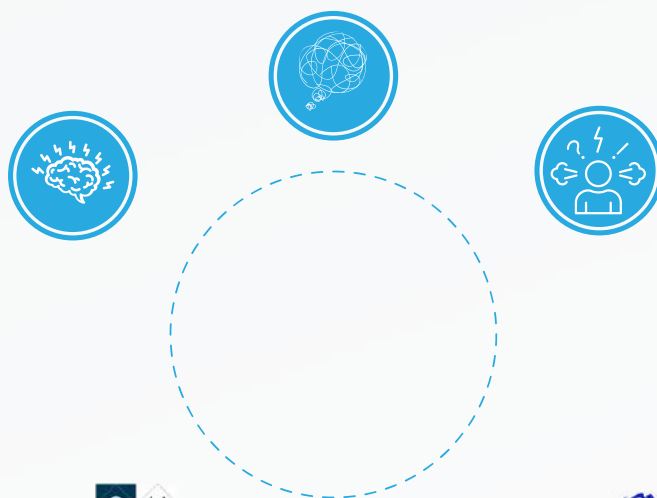
##### Learning Goals:

Participants will define stress and recognize its effects on personal and professional life. They'll learn to identify common stressors associated with new roles and responsibilities.

### Objective n° 3

#### APPLYING STRESS MANAGEMENT TECHNIQUES IN REAL- WORLD SITUATIONS

- Participants will learn to apply stress management strategies in specific, realistic scenarios relevant to their roles, improving their response to common stressors..
- Participants will identify and practice problem-solving techniques that help manage stressful events effectively and constructively.



# ADDITIONAL MODULE: STRESS MANAGEMENT - UNDERSTANDING AND MANAGING STRESS



## ACTIVITY DESCRIPTION

### *Activity description*

1. Target group – adult educators, mentors of change
2. Time – 1 hour.

## "STRESS ANALYSIS AND PRIORITIZATION MATRIX"



### DISCUSSION

Write down situations or activities that cause stress:

Examples of Stressful Situations:

- Deadlines at work or school.
- Conflicts in relationships.
- Financial pressures.
- Health concerns.
- Overwhelming responsibilities.



### PRIORITIZATION MATRIX

Use the matrix to categorize stressors:

- Important – Urgent
- Important – Not Urgent
- Not Important – Urgent
- Not Important – Not Urgent



### STRATEGIES

How to reduce stress?

- Delegate tasks.
- Eliminate unimportant activities.
- Seek support.



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## MINDFULNESS PRACTICE ROUTINE

*Activity  
description*

Target group – adult educators, mentors of change  
Time – 1 hour.



### PRACTICAL EXERCISE

Participants perform the 5-4-3-2-1 technique:

- Name 5 things you can see.
- Name 4 things you can touch.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste."

### DISCUSSION

Explore how this technique can be applied in everyday situations:

- During a stressful meeting.
- While waiting in line.
- As part of your morning routine.

### PRACTICAL TASK

Create a weekly plan with a daily mindfulness practice:

- Example: 5 minutes of mindful breathing.
- Track your progress and reflect."

### MOTIVATIONAL TEXT

"Build mindfulness habits for stress relief and focus!"

"Every mindful moment brings you closer to balance and clarity."

"Start small, practice daily, and see the transformation unfold."



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# **ADDITIONAL MODULE: STRESS MANAGEMENT - UNDERSTANDING AND MANAGING STRESS**



## **PROBLEM-SOLVING TRAINING**

### **1. Introduction**

- **Present objectives:** Explain why problem-solving is essential, especially in stressful scenarios.
- **Short discussion:** Ask participants to share situations where they felt stuck and why.
- **Warm-up activity:** "What would I do if...?" – A quick game where participants spontaneously suggest solutions to simple problems (e.g., losing a bus ticket, forgetting an important item).

### **Simulation**

- **Group setup:** Divide participants into pairs or small groups (3–4 people).
- **Scenario selection:** Provide prepared scenarios (e.g., a conflict at work, miscommunication with a family member, or a tight deadline task) or allow participants to choose real-life problems.
- **Problem analysis:** Groups discuss the situation and define the core problem.

### **Problem-Solving Steps**

Participants apply the following structured steps:

- **Define the problem:** Clearly articulate the problem and why it matters.
- **Generate ideas:** Brainstorm as many potential solutions as possible.
- **Choose the best Idea:** Discuss the most practical solution and evaluate its pros and cons.
- **Plan actions:** Develop a concrete action plan, specifying who will do what and by when.

### **Reflection and Discussion**

- **Group presentations:** Each group briefly shares their scenario and chosen solution.
- **Discussion topics:**
  - Which step was the most challenging?
  - What methods worked best?
  - How can these approaches be applied in daily life?

