

Skill development:

1. Understanding of the effect of positive and negative stress on the body.
2. Learn about Selye's model of stress management by the body
3. Obtain feedback about the amount of stress each is experiencing via Holmes Rhae, or Holmes Gmelch inventories.
4. Introduce 12 methods of managing stress and provide guidance as to which might work for each individual.
5. Relate Stress and time management.
6. Provide experience with the first of three stages in Defining the Real problem, namely *Engage*

Applicability: High school and university students, educators, people in business and industry and people in the community .

Time required: 2 hours.

Brief description: Survey of 9 to 12 stress management techniques; participants use self-assessment questionnaires, practise various methods. Activities are intermixed with general background based on Selye's text "Stress without Distress" about how our body copes with stress. Developed based on workshops given by the Canadian Mental Health Association. I combine this with Rotter's Locus of control and Assessment Anxiety Test, ATT. I find it convenient to combine this workshop with MPS 17 on time management.

In the context of problem solving, a convenient addition to this workshop experience is proactive reading problem statements, checking the meanings of words and doing other activities in the first stage of defining the problem, namely *Engage*.

Prerequisites: none.

Recommended: this is a surprisingly popular unit from the student's point of view. This is easy to run.

Experience with this workshop: Used internationally with students, teachers, business personnel, engineers. About 70 workshops presented.

Discipline: independent. If the *Engage* activities are included, then it is better to work in a discipline-specific class.