**Dealing with Stress**

**Teaching Outline**

**Prepared by:**

Megan Monteith, West District South Area Specialist in Health Disparities

**Introduction to problem:**

Stress is a part of life, from minor challenges to major crisis. You can’t always control your circumstances, but you can control how you react to them. Stress can become overwhelming and can be taxing on your well-being. This is why it is important to have effective stress relievers to relax and calm you mind and body.

**Program objectives:**

After completing this program, participants should understand:

* Stress and it’s circumstances
* Short-term strategies
* Fast-acting strategies
* Long-term strategies
* Problem-focused coping

**Program materials:**

* For OHCE leader lesson:
  + Teaching outline
  + Leader lesson PowerPoint
  + Leader Lesson Evaluation
  + Optional activities: Calm down bottles, easy zen garden, calming lavender play dough, herbal eye pillow, essential oil shower bombs, stress balls

**Preparation and suggested activities:**

* Read the PowerPoint slide and notes section prior to the program**.**

**Contact:**

* Megan Monteith
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**Lesson Evaluation**: **Safety and** **Environment Issue Team**

* Educators: Following the lesson, please gather the completed evaluations and return them to Megan Monteith, Stephens County OSU Extension Center no less than one week after lesson.