




Lifestyle Coach Training Guide

Manage Stress

Notes to Coach	Healthy Ways to Cope with Stress
<p>.....</p> <p>This activity is optional.</p> <p>You likely won't have time to do all of these techniques. So start with the technique you think would work best for your group. It's better to do one technique well than do all of them poorly.</p> <p>If it's too crowded to lie down, participants can stay in their chairs.</p>	<p>↗ DO: Review the handout. Discuss briefly.</p> <p>.....</p> <p>✳ ACTIVITY: Practice Relaxing</p> <p>▶ SAY: The handout lists some ways to relax. Let's practice relaxing right now.</p> <p>↗ DO: If there's room to lie down, pass out one small pillow or mat to each participant. Ask participants to find a space on the floor. Allow them to sit or lie down on their mats. Have them leave at least one foot between themselves and their neighbors.</p> <p>Lower the lights. Put on soothing music. Ask participants to close their eyes. Walk around the room as you talk.</p> <p>▶ SAY: Let's start by relaxing your <u>muscles</u>. The idea is to tighten and then release each group of muscles in turn.</p> <p>Let's start with your face muscles. Scrunch up your face. Hold for 5 seconds. Now release. Do you feel the difference?</p> <p>↗ DO: Repeat with the jaw, shoulder, arm, chest, leg, and foot muscles in turn. Answer questions as needed.</p>

Notes to Coach	Healthy Ways to Cope with Stress
<p>.....</p>	<p>▶ SAY: Now let's <u>meditate</u>. Focus on something simple that you find calming. It could be an image or a sound.</p> <p>Don't worry if other thoughts get in the way. Just go back to your image or sound.</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>▶ SAY: Now let's <u>imagine</u>. Imagine a scene that makes you feel peaceful. Try to picture yourself there.</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>▶ SAY: Now let's <u>breathe deeply</u>. Relax your stomach muscles. Place one hand just below your ribs.</p> <p>Take a slow, deep breath through your nose. Do you feel your hand going up?</p> <p>Now breathe out slowly through your mouth. Make sure to breathe out all the way. Do you feel your hand going down?</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>Turn off music. Turn on lights.</p> <p>🗣️ DISCUSS: What did you think of these ways to relax? Did you find any of them helpful?</p> <p>.....</p>

Notes to Coach	Healthy Ways to Cope with Stress
	<p>► SAY: Keep in mind: It may take time to see results. Relaxing takes practice. Try to practice for at least 10 minutes a day.</p> <p>At first, it may be easier to relax if you lie down in a dark, quiet room. But in time, you'll be able to relax anytime, anywhere.</p>
	<p>Plan for Success (5 minutes)</p>
	<p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about how to manage stress.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ DO: Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Ways to Reduce Stress ■ Practice saying “no” ■ Action Plan 	<p>► SAY: Please look at “Ways to Reduce Stress” on page 5 again. Between now and our next session, write how <u>you</u> will make your life less stressful.</p> <p>I’d also like you to practice saying “no.” Pick something each day that you don’t want or need to do, but would normally say “yes” to. Instead of saying “yes,” say “no”!</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed how to manage stress. We talked about:</p> <ul style="list-style-type: none"> ■ Some causes of stress ■ The link between stress and type 2 diabetes ■ Some ways to <u>reduce</u> stress ■ Some healthy ways to <u>cope</u> with stress <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>