

Wellness Session Introduction

Stress Management Training

Session Objectives

1. Define stress.
2. Identify the causes of stress.
3. Give recommendations for reducing stress.

Required Materials

1. Computer with projector
2. Screen or white wall
3. Wellness Session PowerPoint presentation (see the Additional Resources folder on this web resource)
4. Copy of presentation talking points made from PDF of PowerPoint notes pages (see Wellness Session PDF of Talking Points in the Additional Resources folder on this web resource)

Handouts for Participants

1. Copies of presentation slides for participants
2. Copies of Stress Test (Additional Resources) for participants

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).