

>Welcome and Introductions

Agreements



We want to do what we can to make sure everyone feels comfortable while they're here. Some examples:

- Keep it confidential - everything anyone says stays in the room
- Listen with respect
- Stay on topic – we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

What We Will Talk About Today



- What is stress?
- How you can identify stress
- How people experience stress
- How you can manage stress



What is Stress?



- **Everyone** experiences stress at some time or other.
- The important thing is to **keep stress in balance.**
- Too much stress can have negative consequences for your health.
- However, stress can be a positive thing **in small doses.**
- Stress can motivate us to **make positive changes** in our lives.

Who Feels Stressed?




Everyone affected by cancer will probably feel stress:


- Cancer patients and survivors
- Family members
- Caregivers
- Friends
- Healthcare providers
- Community health representatives

Break





Activity



Deep Breathing Exercise

Discussion Questions



- Does talking about stress make you feel stressed?
- How do you experience stress?
- What are some ways you relieve stress?

Things to Think About



- There are many things that can cause stress
- Stress can be a positive thing when kept in balance
- You have control over how you handle to stress
- There are healthy and unhealthy ways to handle stress
- You can improve your mental, emotional, spiritual and physical health by practicing healthy stress management

Closing Circle