

Activity Plan



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NAME OF THE ACTIVITY: CALM MINDS, STRONG LIVES

OVERVIEW

THIS ACTIVITY PROVIDES FACILITATORS WITH STRATEGIES TO HELP INDIVIDUALS UNDERSTAND AND MANAGE STRESS AND ANXIETY. IT INCLUDES PRACTICAL COPING TECHNIQUES TO BUILD RESILIENCE, IMPROVE WELL-BEING, AND PROMOTE A BALANCED LIFE THROUGH SELF-CARE, HEALTHY HABITS, AND SOCIAL CONNECTIONS

OBJECTIVES:

- INCREASE AWARENESS OF STRESS AND ANXIETY AS NATURAL RESPONSES.
- TEACH EFFECTIVE COPING TECHNIQUES FOR STRESS MANAGEMENT.
- ENCOURAGE SELF-CARE, HEALTHY HABITS, AND SOCIAL SUPPORT.
- BUILD RESILIENCE FOR LONG-TERM WELL-BEING

GROUP SIZE:

FLEXIBLE (SMALL GROUPS FOR INTERACTIVE DISCUSSIONS, LARGER GROUPS FOR LECTURES). 15-30 PAX

TARGET GROUP:

INDIVIDUALS BETWEEN 18-30 EXPERIENCING STRESS AND ANXIETY, INCLUDING STUDENTS, PROFESSIONALS, AND COMMUNITY GROUPS

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COMPLEXITY AND TIME:

BASIC TO INTERMEDIATE, ADAPTABLE FOR DIFFERENT AUDIENCES.

60-90 MINUTES, DEPENDING ON ACTIVITIES INCLUDED.

MATERIALS:

- NOTEBOOKS OR JOURNALS FOR PARTICIPANTS (OPTIONAL)
- PAX NUMBER PENS OR 5 MARKERS
- STRESS-RELIEF TOOLS (STRESS BALLS, GUIDED BREATHING CARDS, ETC.)

THEMES ADDRESSED:

- STRESS AND ANXIETY MANAGEMENT
- RESILIENCE-BUILDING TECHNIQUES
- SELF-CARE AND WELL-BEING
- IMPORTANCE OF SOCIAL CONNECTIONS

RESOURCES:

PRESENTATION MATERIALS (SLIDES, HANDOUTS, OR POSTERS)

- COMFORTABLE SEATING ARRANGEMENT FOR DISCUSSIONS
- RELAXATION OR MINDFULNESS AUDIO TRACKS (OPTIONAL)

SOURCES USED

EVIDENCE-BASED THERAPIES - CBT, DBT, ACT, MINDFULNESS, PSYCHODYNAMIC, AND SOLUTION-FOCUSED TECHNIQUES.

REPUTABLE GUIDELINES - APA, NIMH, WHO, AND PEER-REVIEWED RESEARCH.

INSTRUCTIONS

1. INTRODUCTION (10 MINUTES)

- WELCOME PARTICIPANTS AND INTRODUCE THE SESSION'S OBJECTIVES.
- BRIEFLY DISCUSS HOW STRESS AND ANXIETY ARE NATURAL RESPONSES TO CHALLENGES.
- ASK PARTICIPANTS: WHAT ARE COMMON STRESSORS IN YOUR DAILY LIFE? (WRITE RESPONSES ON THE BOARD.)

2. UNDERSTANDING STRESS AND ANXIETY (15 MINUTES)

- DEFINE STRESS AND ANXIETY AND EXPLAIN THEIR IMPACT ON MENTAL AND PHYSICAL HEALTH.
- DIFFERENTIATE BETWEEN HEALTHY AND UNHEALTHY STRESS RESPONSES.
- SHARE A SHORT PERSONAL OR RELATABLE STORY ABOUT MANAGING STRESS.

3. COPING STRATEGIES AND RESILIENCE BUILDING (20 MINUTES)

- INTRODUCE PRACTICAL TECHNIQUES:
 - SELF-CARE: SLEEP, NUTRITION, PHYSICAL ACTIVITY.
 - HEALTHY HABITS: TIME MANAGEMENT, SETTING BOUNDARIES.
 - SOCIAL CONNECTIONS: SUPPORT NETWORKS AND OPEN COMMUNICATION.
- HAVE PARTICIPANTS PAIR UP AND DISCUSS STRATEGIES THAT HAVE WORKED FOR THEM.

4. PRACTICAL EXERCISE (15 MINUTES)

GUIDE THE GROUP THROUGH A BREATHING EXERCISE OR MINDFULNESS ACTIVITY.

ENCOURAGE PARTICIPANTS TO WRITE IN THEIR JOURNALS: WHAT STRESSORS DO I WANT TO MANAGE BETTER?

WHAT STRATEGIES CAN I TRY?

5. DISCUSSION & SHARING (15 MINUTES)

INVITE VOLUNTEERS TO SHARE INSIGHTS FROM THEIR JOURNAL REFLECTIONS.

OPEN A DISCUSSION ON OVERCOMING CHALLENGES IN APPLYING STRESS-MANAGEMENT TECHNIQUES.

PROVIDE ADDITIONAL RESOURCES FOR CONTINUED LEARNING (BOOKS, APPS, OR SUPPORT GROUPS).

6. CONCLUSION & TAKEAWAYS (5 MINUTES)

RECAP KEY POINTS FROM THE SESSION.

ASK PARTICIPANTS: WHAT IS ONE CHANGE YOU WILL MAKE TO MANAGE STRESS BETTER?

THANK EVERYONE FOR THEIR PARTICIPATION AND ENCOURAGE FOLLOW-UP REFLECTION.

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DEBRIEFING AND EVALUATION:

REFLECT ON EMOTIONS AFTER THE SESSION

"HOW WOULD YOU RATE YOUR STRESS LEVEL NOW COMPARED TO THE START? WHAT CHANGED?"

"DID ANY ACTIVITY TODAY HELP YOU FEEL CALMER OR MORE GROUNDED? WHICH ONE?"

"WHAT SURPRISED YOU ABOUT HOW YOU FELT DURING OR AFTER THE EXERCISES?"

EVALUATION

- "WHICH STRATEGY FELT MOST USEFUL TODAY, AND WHY?"
- "CAN YOU DESCRIBE ONE TECHNIQUE IN YOUR OWN WORDS? HOW MIGHT IT HELP YOU?"
- "WHAT'S ONE QUESTION YOU STILL HAVE ABOUT THESE TOOLS?"

DEBRIEFING QUESTIONS:

"WHAT'S ONE SMALL STEP YOU'LL TAKE THIS WEEK TO PRACTICE WHAT WE LEARNED?"

"HOW WILL YOU REMIND YOURSELF TO USE THESE TOOLS WHEN STRESS ARISES?"

"WHO OR WHAT CAN HELP YOU STAY ACCOUNTABLE?"

FUTURE-FOCUSED REFLECTION:

"IMAGINE YOURSELF IN A STRESSFUL SITUATION NEXT WEEK. WHICH TOOL WILL YOU TRY FIRST?"

"WHAT WOULD SUCCESS LOOK LIKE FOR YOU IN MANAGING STRESS A MONTH FROM NOW?"

TIPS FOR FACILITATOR

- CREATE A SAFE, SUPPORTIVE, AND NON-JUDGMENTAL ENVIRONMENT.
- BE MINDFUL OF PARTICIPANTS' COMFORT LEVELS WHEN DISCUSSING PERSONAL EXPERIENCES.
- OFFER PRACTICAL EXAMPLES AND REAL-LIFE APPLICATIONS OF STRESS MANAGEMENT TECHNIQUES.
- ADAPT ACTIVITIES BASED ON GROUP DYNAMICS AND NEEDS.

FOLLOW UP

- ENCOURAGE PARTICIPANTS TO MAINTAIN A STRESS JOURNAL.
- RECOMMEND ADDITIONAL RESOURCES, SUCH AS MEDITATION APPS OR SUPPORT GROUPS.
- ORGANIZE FOLLOW-UP SESSIONS TO TRACK PROGRESS AND ADDRESS NEW CHALLENGES.
- SUGGEST INCORPORATING SELF-CARE ROUTINES INTO DAILY LIFE.