

Stress & Wellness Management

Basic Academy

4 Hours

- I. Learning Objectives
 - a. Overview
 - i. Define Stress
 - ii. Define Wellness
 - iii. Discover Resources
 - iv. Build A Wellness Plan
 - b. Short Relaxation Exercise
 - c. Define stress
 - i. What is stress?
 - ii. Good vs bad stress
 - iii. Stress + 9-1-1
 - iv. 3 stages of stress
 - v. The Human Function curve
 - vi. Effects of stress on mind and body
 - vii. What's in your backpack?
 - viii. Weight in your bag – group activity
 - ix. The Upside of Stress – case study
 - x. Empty the backpack
 - xi. Stress – Human body learning activity
 - d. Define Wellness
 - i. Simplify
 - ii. Time management
 - iii. Relax + recover
 - iv. Eat healthy
 - v. Stay Active
 - vi. Support system
 - e. Discover Resources
 - i. Friends and family
 - ii. Chaplains
 - iii. Employee Assistance Program
 - iv. Peer support/Critical incident stress management
 - v. Crisis management unit
 - vi. Mindfulness
 - f. Build a wellness plan

POST Required Hours 4

Agency Specific

TOTAL Hours 4