

# 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\_\_\_\_\_