

ACTIVITY

BECOME STRESS-BUSTING EXPERTS

People:	Ideally everyone in your group
Time:	35 minutes
Resources:	This activity sheet, a place to meet

Why should we do this?

Stress is an inevitable part of working together on things that are important to us all, such as Transition. We all deal with stress differently and understanding how each person responds is really useful. Through this understanding we can then understand what each of us needs to help deal with stress in a positive way, rather than taking it out on each other.

How to do it:

This is a great exercise to do in a group which wants to build excellent skills at working together. It makes our differences visible, and normal. It strengthens the idea that we're here to care about and help each other, not to blame or make life difficult.

Understanding stress – mine and yours activity

Explore the questions below in groups of 2 or 3, making sure everyone has equal time talking (up to 25 minutes depending on size of groups). Use the Active Listening process of allowing one person to talk as the others listen without interruption or comments at the end.

1. What kind of things stress you – make you annoyed or upset? (3 minutes each)
2. What do you do when you are stressed? E.g. some people go quiet, some people get snappy, or shout, or walk out, or cry.. (2 minutes each)
3. How can others help you when you are stressed? E.g. leave me alone, ask me what's wrong, tell me a joke.. (3 minutes each)

Go round the whole group, each person has a minute to share a short version of their answers (10 minutes)

Take a few minutes as a group together to reflect on how it was to do this activity, and what you've learnt that might be helpful in dealing with stress in the future.

More support:

For more support on developing healthy groups go here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/healthy-groups/>

Check out the 7 essential ingredients of Transition here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/>

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End.