



Count To Ten And Breathe

TYPE:

Stress Reliever

GROUP SIZE:

Any

MATERIALS:

Markers, Flour, Flip Chart, Small Funnel, Masking Tape, & Small Balloons

INTRODUCTION:

Today we are going to address the topic of burnout and stress. By involving each group member we are going to come up with some suggestions that will help us cope with stress and burnout.

DESCRIPTION:

Write the following questions on individual pieces of flip chart paper and hang them around the room: What is burnout? How do you recognize stress? How do you react to stress or burnout? What is one thing you do to cope with burnout? Instruct each member to walk around the room and respond to each of the posters in writing. Bring the group together and ask for volunteers to read each question and the corresponding responses aloud to the group. Facilitate a large group discussion using the processing questions as a guide.

PROCESSING:

- How are you affected by stress or burnout?
- What were some similar responses to the questions?
- What are effective methods to cope with stress?
- How can we help each other in times of stress?

VARIATIONS:

Use this exercise as a beginning point to address stress and burnout. After the exercise is finished, give each group member a balloon and instruct them to fill it with flour and tie the end. This will create a "stress ball" that they can take with them and squeeze when they are stressed.

OUTCOMES:

- To help identify individual stressors
- To offer suggestions in coping with stress
- To enhance communication between group members

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely