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Improving Drug Abuse Treatment for AIDS-Risk Reduction (DATAR).

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Coping with Stress

Participants will:

Explore current areas of daily stress

Examine personal resources for coping with stress*

Review health and life-style issues for stress management

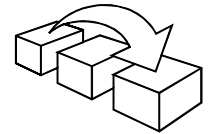
Procedure

Step	Segment Name	Time
1	Welcome and review of weekly recovery issues	30 minutes
2	Topic introduction: Coping with stress	5 minutes
3	Exercise and discussion: Mapping Solutions to Stress	30 minutes
4	Break	10 minutes
5	Open discussion: Health and life-style issues	25 minutes
6	Exercise: Health Check Inventory	10 minutes
7	Closure and evaluation	10 minutes
Session Length		2 hours (120 minutes)

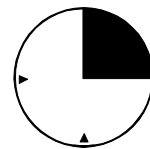
*Some of the exercise and discussion questions in this session draw on approaches suggested by Berg and Miller, 1992; de Shazer, 1985; Dolan, 1991; Lipchik, 1988; Lipchick and de Shazer, 1986; and O'Hanlon and Weiner-Davis, 1989.

Straight Ahead: Transition Skills for Recovery

Objectives



Session Structure



Group Leader Materials and Preparation



◆ Materials:

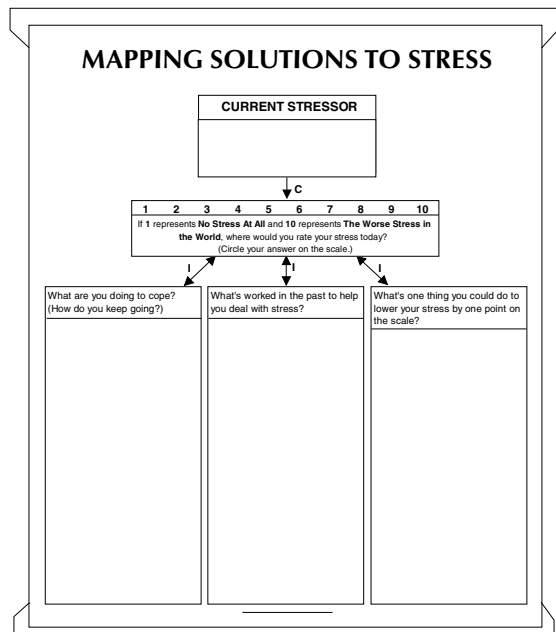
- Flip chart or chalkboard
- Markers or chalk
- Pencils and paper for participants
- Several nutrition labels from food items (optional)

◆ Prepare before class:



MAPPING SOLUTIONS TO STRESS

Use a sheet of flip chart paper to draw out the template as shown: (See worksheet on p. 132 for details.)



HEALTH CHECK

Prepare headings using four sheets of flip chart paper. Use these to list participants' ideas and points you want to emphasize: (Discussion begins on p. 127.)

(1)

SLEEP & REST

(2)

NUTRITION

◆ **Prepare before class (continued):**

(3)

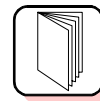
EXERCISE

(4)

RELAX/HAVE FUN



Prepare a directory of local support groups for stress-related issues, such as groups for parenting guidance, grief support, and HIV support, etc.



◆ **Make copies:**

Mapping Solutions to Stress worksheet (p. 132)

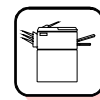
Health Check handout (p. 133)

Health Check Inventory worksheet (p. 134)

Directory of local support groups for stress-related issues

Session Seven Evaluation (pp. 135-136)

Weekly Recovery Journal (p. 18 — Session 1)



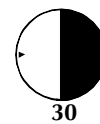
**Procedure
Steps**

Step 1

Welcome and review of recovery issues

◆ **Welcome participants** as they arrive.

◆ **Introduce the session topic.** Mention that the session will focus on getting a handle on daily stresses and strains. The purpose of the session is to examine solutions for managing stress so that it doesn't interfere with recovery efforts — no easy task. There's no "magic bullet" for coping with life's



30

stresses. We each must develop our own system for stress management. Today we'll talk about ways to do that. It's not possible to remove all stress from life, but we can discover ways to cope.



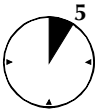
◆ **Open the discussion period for weekly recovery issues.**

Encourage participants to use their ***Weekly Recovery Journals*** to keep notes for this discussion time and to help keep themselves focused on recovery during the week.

◆ **Begin by going around the room to ask each participant:**

“What is one thing you did in the last week (no matter how small) that really helped your recovery efforts?” Express support, encouragement, and appreciation for each speaker's contribution. Set a tone for the group that encourages participants to do likewise.

◆ **Ask about the specific assignment from the previous week:** How did it go when you practiced using I-statements this past week? **Encourage participants to share other issues from their journals as well.** Keep discussions focused on recovery, finding solutions to recovery-related problems, and sharing successes (“what works”).



Step 2

Topic introduction: Coping with stress

◆ **Reintroduce the session topic and the purpose of the session using key points from the following script:**

SCRIPT:
*Session Topic
and Goals*

Learning to manage stress and its discomforts is an important recovery issue. Life's ups and down can be tough. At one time or another almost everyone has felt overwhelmed by stresses and strains. Fortunately, however, we're usually able to hang in there and ride out the crisis. In today's session we'll focus on our own frequently overlooked strengths and abilities for coping with stress.

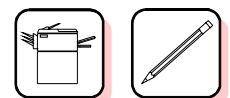
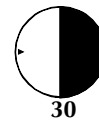
We'll also talk about health and life-style issues. Our physical health plays an important part in how well we deal with stress. One way to get a handle on stress is to develop a personal plan for improving overall health. This includes nutrition, exercise, sleep, relaxation, and learning to not overreact to things we can't control ("Grant me the serenity to accept the things I cannot change...").

Today's session is about identifying strengths and making a plan for managing (as much as possible) how we respond to stress. If you've been feeling overwhelmed lately or if the stress in your life has led to a sense of depression (or "blues") that you're just not able to shake, talk with your counselor. It may be helpful for you to explore your feelings more in depth in private counseling sessions. There are also support groups available for people dealing with specific types of stress, such as death or illness of a loved one, divorce, HIV infection, and parenting difficulties.

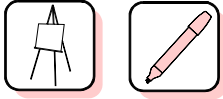
Step 3

Exercise and discussion: *Mapping Solutions to Stress*

- ◆ **Begin by asking participants to think about whatever has been causing them the most stress lately.** Encourage them to focus in on a clear mental picture of the stressful event or situation that's most troubling in their lives today.
- ◆ **Next ask: "What's your biggest strength for dealing with stress? How do you manage to pull yourself through the tough times?"** Go around the room and ask each person to give you a brief answer to this question.
- ◆ **Distribute *Mapping Solutions to Stress* worksheets and pencils,** and ask participants to fill in the boxes by answering the questions in each box. Encourage them to be specific and



to think honestly about their answers. Emphasize there is no “right” or “wrong” way to answer the questions. The exercise is designed to help them think about what they’re already doing right to handle stress.



**NOTES AND
INSTRUCTIONS:
Mapping
Solutions for
Stress**

◆ **Use a flip chart or chalkboard outline of the map template** (see p. 132) to review the questions and explain the type of answers being sought. Encourage them to use the back of the page if they need more room.

◆ **Use the following notes to augment instructions:**

Current stressor box: Write a few lines to describe the stressful situation or event you’re dealing with.

The scale: If 1 represents “no stress at all” and 10 represents the “worse stress in the world,” where would you rate your stress today? The scale is to help you get a perspective on the level of stress you’re experiencing. Circle the number that represents your level of stress.

What are you doing to cope? (How do you keep going?) It’s important to feel proud and take credit for even the smallest things you are able to do to cope with difficult situations. How are you managing to “hang in there?” What are you actually doing that helps?

What’s worked in the past to help you deal with stress? Keep your focus beyond drugs and alcohol. What have you done on your own to deal with stress, without substances? What’s worked?

What’s one thing you could do to lower your stress by one point on the scale? What would work for you to help reduce your stress just a little bit? If you’ve rated your stress as an “8,” what would help you reduce it to a “7?” What’s one thing you could do?

◆ **Be available to provide clarification, as needed, while participants complete their maps.**

◆ **Process the exercise.** Begin by asking the group for general feelings about the exercise:

Was the exercise easy or difficult? How so?

How did it feel to answer these questions?

◆ **Lead a process discussion based on the questions in the mapping exercise.** Work with one person at a time. Begin by asking the volunteer to describe his/her stressful situation and self-rating on the stress level scale. After the volunteer answers each mapping question, elicit more information using the process questions. Repeat this pattern with each participant.

As you process the exercise, find opportunities to compliment and praise each participant's coping strategies and problem-solving capabilities. Focus on strengths and abilities. Help each person get a sense of what they're already doing that's beneficial to cope with stress, even if it's something as simple as getting out of bed each day. Compliment abilities and accomplishments, no matter how small.

◆ **Here are some suggested process questions for each mapping question:**

❖ **What are you doing to cope? How do you keep going?**

How do you manage to keep the stress at a __ on the scale instead of a __ (next higher number)? (*"How do you keep it at an 8 rather than a 9?"*)

What exactly are you doing?

General Questions

PROCESS DISCUSSION: Mapping Solutions to Stress

Process Questions

Process Questions❖ **What's one thing you could do to lower your stress by one point on the scale?**

What's the first step you need to take to try this out?

How will you know if it's successful? What will change or be different?

Process Questions❖ **What's worked in the past to help you deal with stress?**

How did you figure out what would work? How could you apply it to your present situation?

Who helps you the most when you're stressed? In what way is ___(name)___ the most helpful?

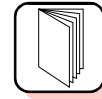
◆ **Thank volunteers for their input.**◆ **Provide closure to the exercise using key points from the following script:**

SCRIPT:
*Summarizing the
 Mapping
 Solutions to
 Stress
 exercise*

The purpose of this mapping exercise has been to help you focus on your own personal strengths, abilities, and resources for coping with stress. The idea is not to eliminate stress altogether (as if we could!). The idea is to learn to keep stress at a manageable level so that we don't feel overwhelmed and powerless.

Our own coping style is a wonderful thing, but it's not the only answer. Some of life's stresses are too tough to handle alone. If you ever feel caught up in stress and are going down for the third time, don't brave it out alone! Get help and support when you need it. Talk with your counselor or join a support group in the community.

◆ **Distribute a local directory of support groups for stress-related issues.** Examples would be support groups for parenting difficulties, bereavement, illness, such as HIV, and family issues. Encourage participants to talk with you during the break if they have questions about these groups.



Step 4

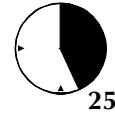
Break

◆ **Allow a 10 minute break.**



Step 5

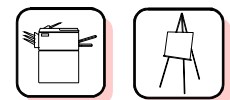
Open discussion: Health and life-style issues



Health and life-style issues are important for recovering people. What follows are suggestions for discussing these issues with participants. You may choose to add or incorporate other information you feel is important.

NOTE!

◆ **Distribute *Health Check* handout,** and use a flip chart or chalkboard to list the main points as they're discussed. Encourage questions and suggestions from participants. **Use information in the following script to help build your discussion:**



The jury is in. The experts have spoken. Even the President of the United States says we should pay more attention to it! We're talking about the importance of developing good health habits.

**SCRIPT:
*Health Check***

There is a link between physical health and stress. Our ability to cope effectively with stressful situations is influenced by how good we feel and how well we take care of our bodies. Your ***Health Check*** handout discusses some key elements for improving physical and mental well-being.

**Tip #1
Discussion
Questions****❖ Tip #1: Get plenty of rest and sleep.**

Once we reach adulthood, we take the importance of sleep for granted. Actually, we should all be getting about seven to nine hours of sleep a day. If we don't get enough sleep we may feel tired, run down, and cranky. The amount of sleep needed varies a little from person to person, but not by much.

Sleep problems are common during recovery. After years of chasing after drugs, normal sleep patterns are usually disrupted. Learning good sleep habits again is a worthwhile priority, both for stress management and for staying strong in recovery.

Ask the following discussion questions:

What have you tried that works to help you sleep (without drugs/alcohol)?

What are some other good ideas for improving sleep habits?

❖ Tip #2: Pay attention to nutrition.

Food is fuel. Nowadays we're learning that some foods also help reduce the risk of certain diseases such as heart disease and cancer. The latest information encourages us to eat more grain products (rice, bread, corn, cereal), more beans and pasta, and more fresh vegetables. The new nutrition guidelines also say to go easy on the fats and the oils (no more than 60 grams a day) and to eat much smaller servings of "animal products" (meat, cheese, eggs, butter, milk).

There are other tips for good nutrition that aren't related to "food," per se. For example, smoking tobacco. Besides increasing cancer and heart disease risk, smoking may reduce your body's ability to utilize certain vitamins effectively. Water is another important consideration. Regardless of whatever else you drink

each day (colas, ice tea, coffee, etc.) you should also be drinking eight large glasses of water a day.

The best way to manage your nutrition is by careful planning. Fortunately, most foods now carry nutrition labels that tell you about the fat, calories, cholesterol, and salt content in the product. This information can help you plan your meals for nutrition value as well as taste and personal preference. **[If time allows, do a quick “Show & Tell” by passing around a few nutrition labels from food items.]**

Ask the following discussion questions:

What are you already eating that’s good for you?

How can you make sure you continue to eat healthy foods? What steps are needed?

❖ **Tip #3: Exercise regularly.**

The standard recommendation is thirty minutes of moderate exercise done three or four days a week. It helps if the exercise is something you really enjoy.

Regular exercise is a proven stress-buster. It’s very hard to think about your problems when you’re huffing and puffing down the road. Most people find that regular exercise increases energy, self-esteem, confidence, and stamina. The trick is to “just do it,” as they say.

Walking is considered the “cadillac” of exercises. It gives you a good workout, it’s easy on the knees and ankles, and it doesn’t require any fancy equipment (except shoes). If you’ve not been exercising, it’s best to start slow and build up gradually. The good news is that you don’t have to overdo it to be healthy. A thirty minute walk four times a week is considered ideal. Remember, if you have any health problems it’s always a good idea to check with a doctor before you start an exercise program.

**Tip #2
Discussion
Questions**

**Tip #3
Discussion
Questions****Ask the following discussion questions:**

What type of exercise do you really enjoy?

How can you help yourself exercise more often?

❖ Tip #4: Relax, unwind, have fun.

Relaxing, unwinding, and having fun (without drugs) is an important part of good health, and a good way to reduce stress. Taking time to relax and unwind each day is refreshing and it gives us an edge when situations turn stressful.

Relaxation is a very personal thing, and there's really no "right" or "wrong" way to relax. The key to relaxation is to clear your mind of the day's events and troubles. Some people relax by reading a book; others by working in the garden, going fishing, reading the newspaper, meditating, or taking a walk. Most experts recommend that you give yourself at least thirty minutes a day just to relax and unwind.

Having fun is important, too. Spending time with friends and family, playing games, laughing and joking, watching movies, or just "hanging out" helps us cultivate joy in life and a sense of contentment. Having fun on a regular basis helps reduce stress and strengthen your ability to cope with rough times when they happen.

Ask the following discussion questions:

What works to help you really relax (without drugs/alcohol)?

What's one thing you can do next week to have fun?

**Tip #4
Discussion
Questions**

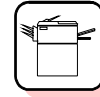
Step 6

Exercise: *Health Check Inventory*

◆ **Distribute *Health Check Inventory* worksheet** and ask participants to spend a few minutes thinking about health-related areas they would like to improve. Explain that the worksheet is for their own private use, and they won't be asked to share it with anyone.

◆ **When worksheets are complete**, ask participants to take action on at least one of the improvements they listed during the week ahead. Remind them that a good place to start is with the "first steps" they described on their worksheets.

◆ **Thank group members for their participation.**



Step 7

Closure/evaluation

◆ **Distribute a new *Weekly Recovery Journal* sheet** and encourage participants to continue using the journal to record their successes and challenges in recovery in the week to come.

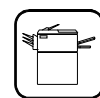
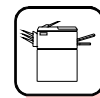
◆ **Provide the following specific assignment:**

In the week ahead, remember to take action on at least one stress management idea. Use your journal to keep notes.

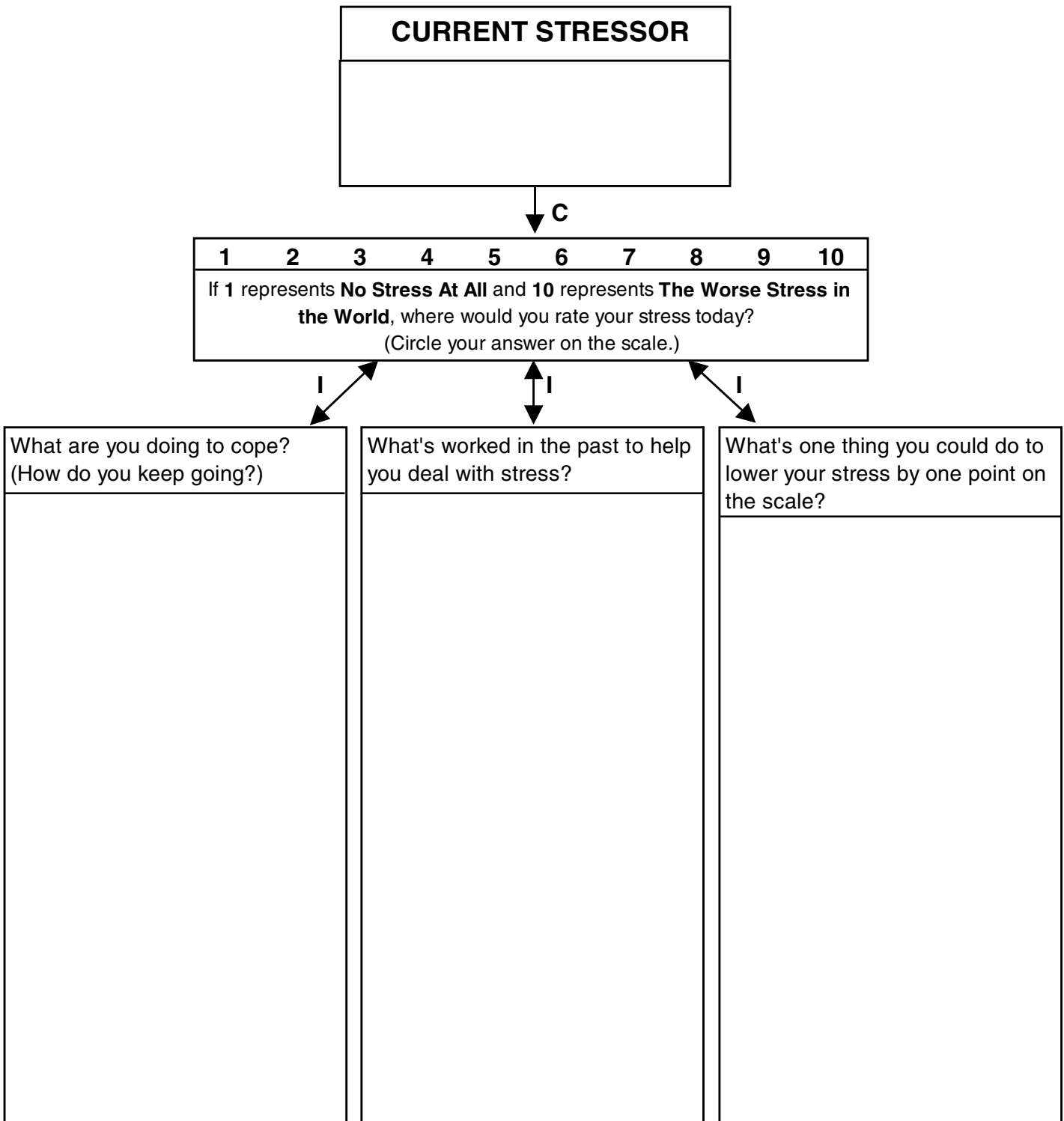
◆ **Go around the room quickly and ask participants to share the most important thing they learned from today's lesson.**

◆ **Briefly preview next week's session.**

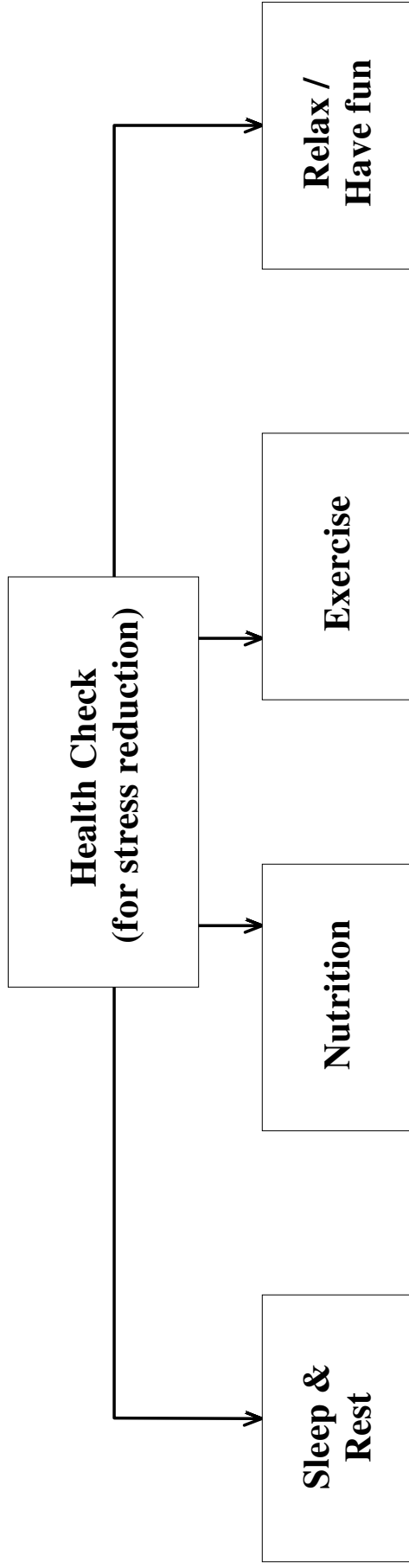
◆ **Ask each person to complete an evaluation.** Thank people as they leave and extend an invitation to return next week.



MAPPING SOLUTIONS TO STRESS



LEGEND
 C=Characteristic
 I=Influence



- Make it a priority.
- Try to get 8-9 hours a day.
- Don't use alcohol or drugs to help you sleep.
- Reduce caffeine (coffee, tea, colas).
- Don't eat before bedtime.
- See a doctor if trouble persists.

- Low fat (40-60 grams per day).
- Lots of vegetables (salads, broccoli, cabbage, etc.)
- Lots of complex carbohydrates (rice, oatmeal, beans, whole wheat bread).
- Reduce use of salt and sugar.
- Drink plenty of water (8 glasses a day).
- Avoid alcohol.
- Don't smoke.

- "Just do it."
- Start slow.
- Shoot for 30 minutes 3 times per week.
- Make it fun and easy.
- Do it on a regular schedule.
- Drink plenty of fluids.

- Do it everyday.
- Do it for your health.
- Relax in the way that's best for you.
- Play -- like a kid.
- Be with people you enjoy often.
- Laugh!

Health Check Inventory

Sleep

My goal is to:

Next

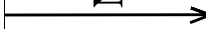


First Step:

Nutrition

My goal is to:

Next

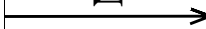


First Step:

Exercise

My goal is to:

Next



First Step:

Relax/Have Fun

My goal is to:

Next



First Step:

SESSION EVALUATION OF *STRAIGHT AHEAD*

SESSION 7

THIS BOX IS TO BE COMPLETED BY DATA COORDINATOR:

[FORM 76; CARD 01]

SITE # __ __	CLIENT ID# __ __ __ __ __ __	DATE: __ __ __ __ __ __	COUNSELOR ID# __ __
[5-6]	[7-12]	MO DAY YR [13-18]	[19-20]

Please answer these questions based on what you learned today. Select the best single answer.

1. Relaxing and having fun is:
 - (1) A sign of immaturity
 - (2) A threat to recovery
 - (3) A way to reduce stress
 - (4) Something you should only do on weekends
 - (5) 1 and 2 above

|__| [21]

2. If you have a lot of stress you should sleep less. 0=True 1=False [22]

3. You can help reduce stress by:
 - (1) Eating a healthy diet
 - (2) Exercising four times a week
 - (3) Resting and sleeping well
 - (4) Unwinding and enjoying life
 - (5) All of the above

|__| [23]

4. It's possible to live a stress-free life. 0=True 1=False [24]

5. A good way to handle stressful events might be to:
 - (1) Remember that you have abilities and resources.
 - (2) Try techniques that have worked before
 - (3) Join a support group
 - (4) All of the above
 - (5) None of the above

|__| [25]

Straight Ahead

Session 7 Evaluation

Page 2

For the following items, please circle the number on each line to show how you feel about this session.

- | | | | | | | | | | |
|-----------------|---|---|---|---|---|---|---------|----------|------|
| Full | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Empty | [26] |
| Rough | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Smooth | [27] |
| Weak | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Powerful | [28] |
| Relaxed | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Tense | [29] |
| Worthless | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Valuable | [30] |

Now circle the number on each line to show how you feel right now.

- | | | | | | | | | | |
|-----------------|---|---|---|---|---|---|---------|-----------|------|
| Pleased | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Angry | [31] |
| Quiet | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Aroused | [32] |
| Afraid | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Confident | [33] |
| Excited | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Calm | [34] |
| Worthless | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Valuable | [35] |

If mapping was used in this session, place an “X” on each line to show your opinion about it.

Mapping was...

- | | | | | | | | | | |
|-------------------|---|---|---|---|---|---|---------|---------------|------|
| Interesting | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Uninteresting | [36] |
| Difficult | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Easy | [37] |
| Comfortable ... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Uncomfortable | [38] |
| Worthless | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Valuable | [39] |