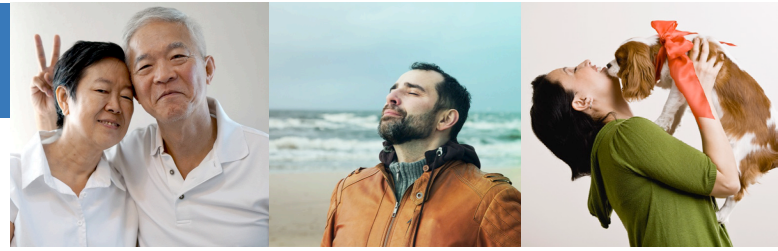


Stress Management



Stress Management Program Guide

Week	Minimum Number of Contacts	Topic Discussion	Corresponding Pages
1	1	The First Step on Your Path What is Stress? Types and Sources of Stress Stress Inventory/Tracking	2 – 6
2	1	Learn Where You Are Symptoms of Stress How Stress Affects Me Setting SMART Goals	7 – 11
3	1	Stress Management Techniques: Deep Breathing Progressive Relaxation Imagery Positive Self Talk Mind-Body Exercises Stretches for Work	12 – 18
4	1	Managing Your Lifestyle Diet, Sleep, Exercise Time and Money Management	19 - 25
5	1	Stress at Work Workspace Evaluation Workstation Exercises Coping Techniques & Support	26 – 31
6	1	Maintaining Your Success Health Coach Correspondence	32