**Materials**

* Stress Management PowerPoint
* Success Skills Workbook
* Small bags of M&Ms for mindfulness activity

**Workshop Protocol**

**Time: 1.25 hours**

* Introduce the topic of stress management, asking for student input where appropriate (slide 2)
* Have students complete Stress Vulnerability Assessment (slide 3)
* Explain stress more in-depth and look at positive vs. negative stress, coping behaviors, stress and your health and stress at work, again, asking for student input where appropriate and/or providing specific examples (slides 4-7)
* Talk about the foundation of stress management (slide 8)
  + Nutrition (slide 9)
    - Have students complete Food Journal worksheet (slide 10)
  + Exercise (slide 11)
    - Walk students through Workplace Stretching activity worksheet (slide 12)
  + Supportive relationships (slide 13)
    - Review the Benefits of Laughter .pdf (slide 14)
    - Watch Laughing Yoga YouTube video (slide 14)
  + Relaxation (slide 15)
    - Have students perform M&M Mindfulness activity (slide 16)
    - Watch A Trip to the Beach meditation exercise (slide 17)

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