

Working with Students: Practical Strategies for Active Stress Intervention

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- **Introduction to the Psycho-Physiological Stress Intervention Model**
 - To understand stress and stress intervention points
 - To assist in identifying each student's most effective interventions
- **Application of the model to specific helping strategies**
 - **Finding sources of stress**
 - **Two types of stress problems: Recognizing the differences**
 - Immediate stress reaction
 - Ongoing stressor/burnout
 - **Listening and watching behaviors**
 - Listening to students' stories, recognizing their stress responses, and responding effectively provide the basis from which all interventions begin.
 - Paired exercise.
 - **When to listen and when to refer**
 - **Identifying interventions – 30 mins. - identifying strategies & exercises**
 - **Psychological**
 - Control
 - Challenge
 - Preparation & Accurate Expectations
 - Progress
 - **Physical**
 - Exercise
 - Diet
 - Sufficient rest:
 - Sleep
 - Meditation
 - **Social**
 - Sources for personal social support: family, friends, etc.
 - Identify integration in school or lack of inclusion in study groups, student organizations, other social involvement
 - Mentoring and supporting
 - Identifying boundaries
 - **Environmental**
 - Finding systemic sources for student stress
 - Where to look

15
minutes

15
minutes

- What to do
- **Small working groups – 20 minutes**
- **Process in large group and final thoughts – 10 minutes**