

Stress Management Services

of Monmouth County, LLC

David A. Singer, M.Ed., NGH

A. DEFINING STRESS VS. STRESSORS

1. WHAT ARE YOUR STRESSORS?
2. HOW DO YOU REACT?
 - a. EMOTIONALLY
 - b. PHYSICALLY
 - c. SOCIALLY
 - d. YOUR COMFORT ZONES AND HOMEOSTASIS: ACHIEVING YOUR BALANCE
 - e. MIND VS. BODY
3. STRESS IS NOT THE BODY'S BUSINESS – *WHAT IS FIGHT-FLIGHT?*
4. HAND WARMING IN CONJUNCTION WITH ABDOMINAL BREATHING
5. SUMMARY AND QUESTIONS THUS FAR

B. PERFORMING RELAXATION TECHNIQUES – BIOFEEDBACK AND SELF-REGULATION

6. AUTOGENIC TRAINING – 2-3 times daily, in a few minutes
 - a. Demonstration with participants – appx. 10 minutes
 - b. Share feedback – what changed?
7. BIOFEEDBACK DEFINED – understanding self-regulation
8. HOW IS YOUR HOMEOSTASIS? TAKE A BASELINE
 - a. Situational cold hands / feet
 - b. Visualization – any time, any where
 - c. Abdominal Breathing technique, simplified
 - d. Generalized relaxation training – using “Progressive Relaxation” technique (“Jacobsonian Technique”)
9. SITUATIONAL STRESS
 - a. THE HOURLY DE-STRESSOR
 - b. THE MINI-RELAXATION TECHNIQUE

C. SUMMARY

10. QUESTIONS AND DISCUSSION
11. INDIVIDUAL / CONFIDENTIAL DISCUSSIONS (when/where appropriate)

THIS OUTLINE IS THE SOLE PROPERTY OF DAVID A. SINGER, M.Ed., AND STRESS MANAGEMENT SERVICES OF MONMOUTH COUNTY, LLC