

## SOCIAL AND EMOTIONAL

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### Stress Management and Coping Skills

#### Rationale

Life can be stressful. Some stress can be positive and lead to healthy action. However, too much stress can be overwhelming and stifle progress. Some Deseret Industries associates may not progress on their Development Plan because they feel overwhelmed by various stressors. Helping Deseret Industries associates understand their stress and manage it more effectively can help them progress on their Development Plan and be more productive.

#### Objective

Help Deseret Industries associates learn to better manage or cope with their stress so that they can be more successful in completing their Development Plan.

#### Potential Discussion Items

- Assess whether the Deseret Industries associate is able to cope with his or her current level of stress. (That is, is he or she doing fine, or does he or she feel overwhelmed?)
- Ask the Deseret Industries associate:
  - “What are your stressors?”
  - “What are you doing to manage your stresses?”
  - “What helps, and what doesn’t?”
- Discuss appropriate ways to manage stress. Generate a few ideas with him or her, such as forming a spiritual connection, receiving professional counseling, practicing muscle relaxation, pursuing hobbies, getting proper sleep, working a plan to reduce stress, and so on.
- Discuss building a support network to alleviate some of the stressors.

#### Suggested Resources

- The Feeling Good Handbook by David D. Burns (1999).
- Feeling Good: The New Mood Therapy by David D. Burns (2008).
- Mind over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine A. Padesky (1995).
- Why Zebras Don’t Get Ulcers by Robert M. Sapolsky (2005).
- Ballard, M. Russell, “Keeping Life’s Demands in Balance” (Ensign, May 1987): <https://www.lds.org/general-conference/1987/04/keeping-lifes-demands-in-balance?lang=eng>.
- Monson, Thomas S., “Finding Joy in the Journey” (Ensign or Liahona, Nov. 2008, 84–88): <https://www.lds.org/general-conference/2008/10/finding-joy-in-the-journey?lang=eng>.
- Monson, Thomas S., “Treasure of Eternal Value” (Ensign or Liahona, Apr. 2008, 2–7): <https://www.lds.org/ensign/2008/04/treasure-of-eternal-value?lang=eng>.
- Perry, L. Tom, “Let Him Do It with Simplicity” (Ensign or Liahona, Nov. 2008, 7–10): <https://www.lds.org/general-conference/2008/10/let-him-do-it-with-simplicity?lang=eng>.



# MENTOR

- “Common Signs and Signals of a Stress Reaction”: <http://www.foh.dhhs.gov/NYCU/StressReaction.asp>.
- “Coping Strategies”: <https://caps.byu.edu/coping-strategies>.
- “Managing Stress”: <http://www.studygs.net/stress.htm>.
- In-service training lesson 20, “Coping Strategies—Managing Stress.”
- Local mental health providers.



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