



IN PARTNERSHIP WITH OLIVE TREE COUNSELING CENTER

GOOD & STRESSED

BREAKOUT EXERCISES

CHRISTY OTTEN, MA, LCPC
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CONTEXT (1): STRESS OR MEANING?

What gives you meaning in your life?

Think about your work, relationships, family, studies, faith.

If you didn't have stress, what would you miss out on?

Are there things you currently miss out on because you desire to avoid stress?



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CONTEXT (2): VALUES

Choose top 3 and pick 1 to write about

Acceptance	Efficiency	Joy
Accountability	Excellence	Leadership
Adventure	Equality	Love
Art/Music	Fairness	Loyalty
Celebration	Family	Nature
Challenge	Fun	Patience
Collaboration	Generosity	Peace
Commitment	Gratitude	Politics
Community	Health	Reliability
Compassion	Happiness	Self-Reliance
Competence	Hard Work	Strength
Cooperation	Integrity	Tradition
Courage	Independence	Trust
Creativity		Wisdom
Discipline		



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THREAT CHALLENGE

Your Physical & Emotional Relationship with Stress:

- 1) Consider how you experience stress: how does your body respond? What thoughts do you have? How do you address these responses?

- 2) Reframe Your Stress Response: How can you take 'negative' messages and see them as helpful?



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CONNECT

- What are your goals? Are there goals that are bigger than “you”?
- How can you connect with others when you are stressed? Are you reaching out?
- In what ways do you/can you give of yourself and resources during stressful times?



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CLAIM

- Adversity—how has it affected you?

- How has it changed you?

- How can you claim Romans 8:28 in regards to a current stressor? Do you see benefits to the adversity you are experiencing?