

Stress-Busting for Teams



Duration: 30 mins

Objective

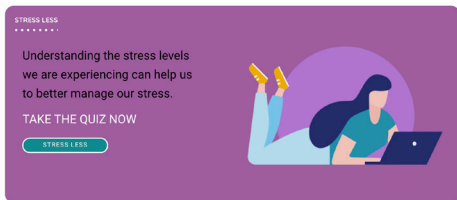
This activity is designed to help teams assess their stress, identify sources of job-related stress, brainstorm solutions and commit to taking action to address their stress.

Use

This activity is best facilitated in small- to medium-sized teams.

Context

Stress is a part of life. It can help us learn, grow and achieve. If we pay attention to our stress levels, notice when they are becoming unhealthy and proactively take steps to address stress, we build our resilience and our capacity to cope with stress when it happens—because it will.



Activity Instructions

- The facilitator of the activity invites a group or team to take the *Stress Less Quiz* online and explore learning materials in the Addressing Stress Module prior to a stress-busting workshop. (The facilitator or a volunteer might want to use a whiteboard or flip-chart to log the responses.)
- The facilitator shares team results from the *Stress Less Quiz* online—what are the stress levels? Whether stress is low or high, there are always opportunities to work through stress management strategies.
- Participants are asked to identify what might be causing stress using the *Resource Sheet: Identifying Job-related Stressors*.
- Participants are invited to brainstorm strategies to address stress—it doesn't matter how wild. Get creative!
- Together, participants identify two or three solutions that they can commit to that week. These can be individual stress-busting strategies or something the team commits to together.
- Participants are given the *Worksheet: Stop Stressing Out* to work through individually.

Recommendation

The facilitator can invite the team to do the *Stress Less Quiz* a week later and circle back on where stress levels are at. If stress levels continue to be high, consider facilitating the group activity again.

Resources that Support Further Learning

- **Activity:** *De-stress Dice*
- **Videos / Webinar:** *Building Resilience, Building Your Resilience, Developing Your Emotional Intelligence*
- **Resource / Worksheets:** *Tips to De-stress at Work, De-stress Tips for Teams, Your Role in Fostering a Positive Work Culture, Stop Stressing Out*