



# ST FRANCIS DE SALES COLLEGE

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**A FRANSALIAN INSTITUTE OF HIGHER LEARNING**

## Skill development- ICT

Title	Stress Management
Date of Event(s)	29/01/2021
Department / Association	Cyber Spirits
Venue	Computer Lab 2
Number of Participants	70
Target Audience	44

Resource Person(s) with qualification	Fr. Dominic Anthuvan SMA, Psychologist and Fomator in Benin Republic
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The session titled, Stress Management among students is aimed at achieving the following objectives.

- Definition
- Signs of stress and common symptoms of stress
- What are the common causes of stress among students?
- CBT
- Strategies – ABC Strategy
- Techniques and coping strategies
- Self-Care Plan

The session began with the breathing exercise animated by the presenter. Then he invited the participants to write the definition of what stress means to each one by way of which he probed to the question to elicit personal reflection. The definitions of stress and



stress management were presented to understand the concepts. Some definitions were like "the non-specific response of the body to any demand for change." "A state of mental tension and worry caused by problems in your life, work, etc". "Something that causes strong feelings of worry or anxiety". "Stress results from an imbalance between demands and resources."

Stress Management is defined as the amelioration of stress and especially chronic stress often the purpose of improving everyday functioning. Followed by the definitions of stress and stress management, the physical, emotional and behavioral signs of stress were highlighted. Later on the participants were asked to recall an event whereby they experienced physical, emotional, and behavioral signs of stress and they were asked to identify and note down the their reaction what they do when they are in stress.

Having identified the signs of stress, the animator presented the common stressors or common causes of stress especially among students or among adolescents. Various psychological, emotional and social causes of stress are experienced by the students or adolescents during their stage of formation. A point was emphasized on the characteristics and the psychological nature of the adolescents and the causes were identified based on their characteristics. The participants were invited to identify causes of stress experienced by them. Through this session, the students were enabled to become more aware of their psychological nature and the critical stages of life that cause stress.

Through analyze of Cognitive Behavioral therapy, the participants were enabled to be aware of how thoughts affect our behavior and emotion. As a result, the presenter highlighted the unhelpful patterns of thinking that affect the behavior of adolescents that include: All or Nothing Thinking, Overgeneralization, Jumping to Conclusions, Filtering out the Positive, Emotional Reasoning, Catastrophizing, Should Statements, and Personalization.

The second major part of the session was on the way to manage stress. In this section, the presenter gave the mental, relaxation and stress management techniques. More precisely, through Cognitive Therapy, the ABC strategy was introduced to the participants as a way of managing stress. Awareness, Balance and Control are known as ABC strategy



by which the presenter developed the techniques to control and manage stress. He also introduce the method of re-framing and positive thinking and assertive training as a way to manage stress. Finally, a self-care plan was introduced to the participants through 10 de-stressing techniques are:

- 1-Be active
- 2- Take control
- 3-Connect with people
- 4- Have a special time
5. Challenge yourself
- 6- Avoid unhealthy habits
- 7- Participate in volunteer work
8. Work smart, not stress
- 9-Be positive
10. Accept the things that you cannot change

Finally, the presenter concluded by saying that the best way to live stress free life or manage stress is through positive thinking and deletion of unhelpful patterns of thinking and replace them with self-affirmative and positive thinking.

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Dominic Philip is presenting



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# STRESS MANAGEMENT

Increasing mental health and Resilience among students through the skill development of stress management



Rev. Fr. Dominic Anthuvan SMA  
Psychologist and therapist  
Formator in Centre Brosilac, Benin  
Republique  
Missionary in the Society of African  
Missions

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