

# ADDRESS YOUR STRESS WITH ROCKET WELLNESS

Rocket Wellness is offering a small group program that enables staff to identify individual stress management goals and provide tools to successfully meet those goals.

We will provide education on various evidence-based stress management techniques and assist in developing individualized plans. Each session will include 30-45 minutes of education, followed by 15 minutes of Yoga.

Listed below is a brief outline of the 5 sessions.

## COPING TECHNIQUES

- \* Education and discussion on various types of coping
- \* Identify individual coping responses
- \* Develop personal plan to minimize effects of stress

## GRATEFULNESS

- \* Education on the benefits of positive psychology
- \* Create a gratitude journal
- \* Learn to counteract negative self-statements

## MINDFULNESS

- \* Define Mindfulness
- \* Increase awareness of times of mindlessness
- \* Identify areas during the day for individual practice

## PROGRESSIVE RELAXATION

- \* Education on the benefits of progressive relaxation/diaphragmatic breathing
- \* Provide participants with script to assist with practice
- \* Guided relaxation exercise

## TIME MANAGEMENT

- \* Review various time management techniques
- \* Assist participants in developing personalized time management plans



**Rocket Wellness**<sup>®</sup>  
THE UNIVERSITY OF TOLEDO

**If this free program would be beneficial to your employees, contact Rocket Wellness at 419-383-2348 or [rocketwellness@utoledo.edu](mailto:rocketwellness@utoledo.edu)**