

Title of Service: Everyday Stressors

Total Number of Sessions: Approximately 14 sessions.

Source: Don't Sweat the Small Stuff... by Richard Carlson, PH.D.

Duration of each session: 45 minutes.

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Anxiety Disorders, Personality Disorders, Thought Disorders and Substance Abuse Disorders.
- **Barriers to be overcome:**
 - Difficulty managing and coping effectively with everyday stressors.
 - Difficulty problem-solving
 - Managing Anger
 - Poor stress management skills

Service Goal: Assist participants in managing and coping effectively with everyday stressors. Assist participants in learning problem-solving skills to handle everyday stressors and help them learn to replace “old habits” of reaction with “new habits” of perspective.

Service Objectives:

1. **Discuss how everyday stressors can impact mental health symptoms.**
2. **Learn strategies to deal effectively with everyday stressors to assist in managing mental health symptoms.**

Sources: The Don't Sweat the Small Stuff and it's all small stuff and The Don't Sweat the Small Stuff Workbook by Richard Carlson, PH.D.

Title of Service: Everyday Stressors

Session: 1

Duration: 45 minutes

Service Objective(s): Participants will gain an awareness of how we can focus on little problems and concerns and blow them way out of proportion and how we can allow ourselves to get all worked up about things that aren't really that big a deal.

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 1-2).

Activities:

- Introduce topic: Don't Sweat the Small Stuff"
- Discuss with participants whether they take little problems and concerns and blow them way out of proportion.
- Discuss how this could impact mental health symptoms.
- Complete Inventory and discuss.
- Review main points from session.

Homework:

- Participants will identify "little problems" that they've blown out of proportion.

Title of Service: Everyday Stressors

Session: 2

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 3-4.).

Activities:

- Introduce topic: Make Peace with Imperfection
- Engage in a discussion relating to topic.
- Discuss how the need for perfectionism can increase our stress level.
- Discuss how perfectionism can impact mental health symptoms.
- Complete questionnaire regarding whether they are hung up on life's imperfections.

Homework:

Title of Service: Everyday Stressors

Session: 3

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 5-6.).

Activities:

- Introduce topic: Let go of the Idea That Gentle, Relaxed People Can't Be Superachievers
- Engage in a discussion relating to topic.
- Assist participants in gaining insight into their attitudes toward achievement and what would make them find more inner peace.
- Discuss how this could impact their mental health symptoms and stress level.
- Complete Handout

Homework:

Title of Service: Everyday Stressors

Session: 4

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 7-10.).

Activities:

- Introduce topic: Be Aware of the Snowball Effect of Your Thinking
- Engage in a discussion relating to topic.
- Assist participants in gaining an awareness of the snowball effect of their thinking.
- Discuss how this could impact their mental health symptoms an increase stress level.
- Complete Handout

Homework:

- . Participants will list some ways in which they might stop this train of thought before it has a chance to get going to discuss for next session

|

Allegany Rehabilitation Associates
Personalized Recovery Oriented Services

Title of Service: Everyday Stressors

Session: 5

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 11-13.).

Activities:

- Introduce topic: Develop Your Compassion
- Engage in a discussion relating to topic
- Discuss the skills; intention and action that are involved in developing compassion
- Complete Handout

Homework:

- Practice their identified compassionate gesture during the week.

Title of Service: Everyday Stressors

Session: 6

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 11-13.).

Activities:

- Introduce topic: Develop Your Compassion
- Engage in a discussion relating to topic
- Discuss the skills; intention and action that are involved in developing compassion
- Complete Handout

Homework:

- Practice their identified compassionate gesture during the week.

Allegany Rehabilitation Associates
Personalized Recovery Oriented Services

Title of Service: Everyday Stressors

Session: 7

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 16-17.).

Activities:

- Introduce topic: Don't Interrupt Others or Finish Their Sentences.
- Engage in a discussion relating to topic
- Discuss the the importance of listening in communication skills.
- Complete Handout that assess yourself in social situations.

Homework:

Practice their identified changes they would like to make in regards to how they listen to others.

Allegany Rehabilitation Associates
Personalized Recovery Oriented Services

Title of Service: Everyday Stressors

Session: 8

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp 20-21.).

Activities:

- Introduce topic: Let Others Have the Glory
- Engage in a discussion relating to topic
- Discuss the the importance of replacing “old” ways of repsonding with a different way and being more in the present moment when listening to others.
- Complete and discuss an Inventory to assess if they can allow “others to have the glory”.

Homework:

Title of Service: Everyday Stressors

Session: 9

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 22-23).

Activities:

- Introduce topic: Learn to Live in the Present Moment
- Engage in a discussion relating to topic
- Discuss the the importance of being able to be in the present moment and how not being able to do this can impact mental health symptoms.
- Discuss how “letting go” of the past is important to achieving life role goals.
- Complete and discuss the handout relating to being in the present moment.

Homework:

Allegany Rehabilitation Associates
Personalized Recovery Oriented Services

Title of Service: Everyday Stressors

Session: 10

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 24-25).

Activities:

- Introduce topic: Imagine That Everyone Is Enlightened Expect You.
- Engage in a discussion relating to topic
- Discuss how others can influence from “why are others doing this” to considering another perspective: “what are they trying to teach me” .
- To assist client’s in self-improvement and what other’s could teach them through their actions and how this could improve their interactions/response to others.
- Complete and discuss the handout relating to what other’s are teaching them.

Homework:

Allegany Rehabilitation Associates
Personalized Recovery Oriented Services

Title of Service: Everyday Stressors

Session: 11

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 28-29).

Activities:

- Introduce topic: Become More Patient
- Engage in a discussion relating to topic
- Discuss how a lack of patience could impact mental health symptoms and stress level.
- Discuss strategies to help with patience.
- Complete and discuss handout on patience.

Homework:

Title of Service: Everyday Stressors

Session: 12

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 30-31).

Activities:

- Introduce topic: Create "Patience Practice Periods"
- Engage in a discussion relating to topic
- Discuss how a lack of patience could impact mental health symptoms and stress level.
- Discuss strategies to help with patience.
- Complete and discuss handout on patience.

Homework:

- To help participants to think about stepping away from what they're doing for a few minutes and come back to it. To "Stop and Think"

Title of Service: Everyday Stressors

Session: 13

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 32-34).

Activities:

- Introduce topic: Be The First One to Act Loving or Reach Out
- Engage in a discussion relating to topic
- .Discuss how holding on to resentments can impact mental health symptoms.
- Complete and discuss an inventory to determine if you are too stubborn or too scared to reach out first.

Homework:

Title of Service: Everyday Stressors

Session: 14

Duration: 45 minutes

Service Objective(s):

Handouts:

- **The Don't Sweat the Small Stuff Workbook** (Carlson, Richard Ph.D pp. 38-39).

Activities:

- Introduce topic: Surrender to the Fact That Life Isn't Fair
- Engage in a discussion relating to topic
- Discuss how accepting the fact that life isn't fair can help manage your mental health symptoms.
- Complete and discuss a handout about whether you find yourself thinking about the injustices of the world.

- **Homework:**