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Psychology 350
Teaching Project

I. Stress Reduction and Relaxation

II. Theory

- a. I believe that the role of the nurse is to facilitate learning in the client, in this case the client being the group, through interpersonal experiences. The nurse and the client have the opportunity to learn together. The teacher should assist the learner, but not necessarily initiate the process. Through group work, attendance shows a desire to learn, so the teacher should assist the client to achieve his or her own self-awareness. ✱
- Townsend states, "Learning is the process of developing one's full potential" (Townsend 2006, pg. 339). "Learning is the process of developing one's full potential," (Townsend, pg. 339). Learning and education, especially for adults, expounds upon what is already known and applying it to the new material.
- b. In group, I plan to facilitate group dynamics by making the goals of the group known from the onset. "It is the role of the nurse to create policy, describe procedures, and plan client care," (Townsend, pg. 156, 2006). I believe with this particular group an autocratic style of leadership is needed, but I will assist in a feeling of community by removing physical barriers, such as chairs, and ask for group member input. In order for group to function, I plan to remain cognizant, "of the various processes that occur in groups (such as the phases of group development, the various

roles that people play within group situations, and the motivation behind the behavior),” (Townsend, pg. 157, 2006).

III. Learning Objectives

- a. The client will be able to identify 2 different physiologic stress responses.
- b. The client will have at least 1 person report a slowed heartbeat at the end of the relaxation exercise.
- c. The client will be able to identify at least 1 method to reduce stress.

IV. Personal Learning Objective

- a. I will be able to effectively keep the group on track by allowing others to leave if feeling overwhelmed.

V. Outline

- a. Content-
 - i. Intro- Name, what I am doing, what we are going to talk about...
 1. Meeting will take place on mats, in room. Will place sign outside door to ask others to be quiet please. Will sit in circular pattern, to foster group cohesiveness. Will sit in open posture, maintaining eye contact with group when speaking and give encouraging facial expressions.
 2. Will introduce self to group, along with very little information. Will ask group members to introduce themselves. Will greet and repeat each name. Will dress as casually as business casual goes, to assist in relating to level of group, but foster some sense of professionalism.

- ii. Stress- what it is and what it does. Ask group what they think stress is. What it feels like. Will use silence, restating, and making observations. Will thank each person for contribution. Stress is a physical reaction to events in our life that exceed our abilities to deal with.
- iii. What gives stress? Have clients identify what their particular stressors are. Will give general example of self, (schoolwork) and ask for other examples.
- iv. Stressors- Different physical responses
 - 1. Different signs you feel that you are stressed. “Warning Signs.” Will facilitate involvement, by asking how they feel/ what their body feels like when they feel stressed. Will write group’s answers on whiteboard to show accomplishment. Thank person when they participate.
 - 2. Will assist in translating feelings to physical reactions: Heart rate inc, racing pulse, muscle tightening, headaches, shortness of breath, stomachache, anxiety, can’t concentrate, etc.
- v. Negative Coping Examples- try and get examples of ways to ineffectively cope, to own past behavior. If no one wants to participate, show examples like: eating too much, alcohol and drug abuse, lashing out in anger, not doing anything about it, biting nails, excessive shopping, gambling, etc.

vi. Positive Coping Examples- Ask for ways they think would be effective coping mechanisms. State that changing behavior is something that takes time, and don't get discouraged if you only relax a little. The important part is trying to take control of the issues that bother you, and make you the master of your feelings. Make list of what group thinks would be positive ways to cope, and try and give definitions of each way to do it.

1. Finding an activity you enjoy to do- sports, reading, video games, working out, taking a class, watching movies.
2. Deep breathing exercise- basic, quick, and easy to do with practice.
3. Progressive Relaxation- tense and relax muscles
4. Meditation- Person can think of one object, focusing on breathing in and out, trying not to think.
5. Mental imagery- Person can think of a nice place to be.

vii. Relaxation Exercise- Share in relaxation exercise with group. Encourage people that if this brings up unpleasant feelings, or is too overwhelming, feel free to step out, and don't get discouraged if you can't completely relax. Take 10 second pulse. Perform exercise. Will have relaxing music on. When exercise over, will ask people to take 10 second pulse again, to see if heart rate slowed.

viii. Debrief- Tell group to remember to listen to their body, and if they are starting to feel our warning signs, to notice. Eventually, they will develop the skills for effective stress management. Thank them and end session.

Good plan.
Have fun!!
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References

Townsend, Mary C. (2006). *Psychiatric Mental Health Nursing: Concepts of Care in Evidence Based Practice*. Philadelphia, PA: F.A. Davis Company.