

Name: _____ Date: _____

Topic: Stress Resilience (February 2020 Support Group Training)

Ongoing Training Credit: 1 hour

Volume 7 Tags: Administrative Procedures and Program Goals (7.708.65.C.3), Positive Methods/De-Escalation (7.708.65.C.6)

VIDEO: HOW TO MAKE STRESS YOUR FRIEND (page 2)

Watch the Ted Talk: "How to Make Stress Your Friend" by Kelly McGonigal (easy to find if you Google it!)

Fill in the Blank and Short Answer

1. Can _____ how you think about _____ make you healthier? And here the science says yes. When you change your mind about stress, you can change your body's _____ to stress.
2. When oxytocin is released in the stress response, it is motivating you to seek _____. Your biological stress response is nudging you to _____ how you feel, instead of bottling it up.
3. When life is _____, your stress response wants you to be surrounded by _____ who care about you.
4. Your stress response has a built-in mechanism for stress _____, and that mechanism is human _____.
5. What was something you learned from this video that you can use to help make stress your friend?

SOCIAL SUPPORT (pages 2-5)

Fill in the Blank

6. Social support is the _____ and _____ comfort given to you by your family, friends, co-workers and others. It's knowing that you are part of a _____ of people who love and care for you, value you and think well of you.
7. Getting your support needs met
 - A. Different people in your life may provide _____ of support, so it's unlikely that one person can provide _____ the support you need.
8. What is so important about social support?
 - A. Social support can help _____ people from the harmful effects of _____.
 - B. When dealing with a stressful _____, people are less likely to report stress-related health _____ when they feel like they have support from _____.

Continued

Stress Resilience

Support Group Makeup Quiz, Continued

9. When might I want to change my social support network?
- A. You may wish to bring _____ people into your support network if you find that you need more people in your life who can provide you with support, or if you're _____ people in areas that are _____ to you.
 - B. People often make _____ to their support network when they _____ important life changes.
 - C. You may wish to seek out _____ when you experience something that your _____ support network isn't familiar with.
10. How do I improve my social support network?
- A. Seeking out _____ and introducing yourself to them may be a useful way to meet others.
 - B. It's easy to _____ that other people know what you _____, but this usually isn't _____. You may need to _____ others what you need.
 - C. You may create new _____ to meet others when you step _____ of your usual activities.
 - D. Negative _____ are hard on your emotional health.
 - E. You're more likely to _____ strong _____ if you are a good friend, too.

HOW SELF-COMPASSION CAN HELP YOU COPE WITH ADVERSITY: 3 STEPS TO IMPROVE YOUR RESILIENCE (pages 6-8)

Fill in the Blank

11. Self-compassion is an _____ to self-judgment, just as _____ is an antidote to fear.
12. Rather than making global _____ of ourselves as 'good' or 'bad,' self-compassion involves generating _____ toward ourselves as _____ humans.
13. Because self-esteem is based on an _____ assessment of our worth, it can desert us when we most need it—when we _____.
14. These are the three main elements to self-compassion:
- A. Self-kindness _____ of self-_____.
 - B. Common _____ instead of _____.
 - C. _____ instead of over-identification.
15. People often say, "I'm my own worst _____." Instead, try self-compassion practice as a way of being your own _____.