

Table of Contents

Introduction	4
Session 1: What is stress?	5
Good and bad stress	5
Fight or Flight	6
The cost of stress	7
Long-term effects of stress	8
Homeplay Activity 1;	9
Where you hold your stress.....	9
Homeplay Activity 2;	10
Relaxation Technique No 1:	11
Homeplay Activity 3;	13
Session 2: Personal boundaries and assertiveness.....	14
Why boundaries are important	14
Bill of assertive rights	15
Homeplay Activity 4;	16
Homeplay Activity 5;	20
Homeplay Activity 6;	21
Relaxation Technique No 2:	24
Session 3: Become assertive	27
Understand the lack of assertion.....	30
Homeplay Activity 7;	30
Homeplay Activity 8;	32
Homeplay Activity 9;	33
Homeplay Activity 10;	34
Effective Problem solving.....	35
Homeplay Activity 11;	39
Relaxation Technique No 3:	41
Session 4: Eat, sleep and feel better	42
Food	42
Homeplay Activity 12;	44
Homeplay Activity 13;	46
Sleeping.....	48
Physical Exercise	52

Homeplay Activity 14;	53
Time Management.....	54
Homeplay Activity 15;	56
Relaxation Technique No 4:	57
Session 5: Know how you feel.....	58
How do I feel?	58
Homeplay Activity 16;	58
Homeplay Activity 17;	61
Homeplay Activity 18;	62
Homeplay Activity 19;	63
Homeplay Activity 20;	64
Homeplay Activity 21;	65
Homeplay Activity 22;	67
Homeplay Activity 23;	68
Just Be	70
Relaxation technique No 5:.....	70
Session 6: Become balanced again	72
Homeplay Activity 24;	73
Homeplay Activity 25;	74
Homeplay Activity 26;	75
Homeplay Activity 27;	75
Homeplay Activity 28;	76
Homeplay Activity 29;	77
Well done 😊.....	78