



Lifestyle Coach Training Guide

Manage Stress

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Session Focus

Managing stress can help prevent or delay type 2 diabetes. This module teaches participants how to reduce and deal with stress.

Participant Learning Objectives

By the end of the session, participants will identify:

- ▶ Some causes of stress
- ▶ The link between stress and type 2 diabetes
- ▶ Some ways to reduce stress
- ▶ Some healthy ways to cope with stress

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Small mats or pillows (one for each participant)**
- Soothing music**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it on their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and ReviewPage 6 10 Min
- ObjectivesPage 72 Min
- Causes of Stress.....Page 85 Min
- Stress and Type 2 Diabetes.....Page 88 Min
- Ways to Reduce StressPage 108 Min
- Healthy Ways to Cope with StressPage 10 17 Min
- Plan for Success.....Page 135 Min
- Summary and ClosingPage 145 Min

Lifestyle Coach Script

| Notes to Coach | Welcome and Review (10 minutes) |
|----------------|--|
| | <p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about how to manage stress.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> |

| Notes to Coach | Objectives (2 minutes) |
|----------------|---|
| | <p>► SAY: Managing stress can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none">■ Some causes of stress■ The link between stress and type 2 diabetes■ Some ways to <u>reduce</u> stress■ Some healthy ways to <u>cope</u> with stress <p>You'll also get a chance to practice relaxing. Finally, you will make a new action plan.</p> |

| Notes to Coach | Causes of Stress (5 minutes) |
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| <p>Causes of stress include:</p> <ul style="list-style-type: none"> ■ Conflict with other people ■ Health problems ■ Money problems ■ New job or baby ■ Not enough time ■ Too many duties ■ Unhappy with job ■ Vacation ■ Wedding | <p>► SAY: We'll start by talking about some causes of stress. There are many things in our lives that can cause stress. Let's look at an example. Please turn to "Barbara's Story" on pages 3 and 4 of this module's handouts.</p> <p>↗ DO: Read (or have a volunteer read) the first three paragraphs of the story on page 3.</p> <p>🗨 DISCUSS: What are some things that make <u>you</u> feel stressed?</p> |
| | Stress and Type 2 Diabetes (8 minutes) |
| | <p>► SAY: We've talked about some <u>causes</u> of stress. Now let's look at the link between stress and type 2 <u>diabetes</u>.</p> <p>Feeling stressed can:</p> <ol style="list-style-type: none"> 1. Change your body chemistry in a way that makes you more likely to get type 2 diabetes 2. Cause you to act in unhealthy ways <p>Let's go back to the story.</p> |

| Notes to Coach | Stress and Type 2 Diabetes |
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| | <p>↗ DO: Read (or have a volunteer read) the two lists on page 3.</p> <p>💬 DISCUSS: How do you <u>feel</u> when you are under stress?</p> <p>▶ SAY: As we've said, stress can cause you to act in unhealthy ways.</p> <p>Let's go back to the story.</p> <p>↗ DO: Read (or have a volunteer read) the first paragraph and the two lists on page 4.</p> <p>💬 DISCUSS: How do <u>you</u> act when you feel stressed?</p> <p>▶ SAY: As you know, making unhealthy food choices, watching too much TV, and slacking off on fitness can raise your risk of type 2 diabetes. That's why it's so important to reduce and cope with stress.</p> |

| Notes to Coach | Ways to Reduce Stress (8 minutes) |
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| | <p>► SAY: Unfortunately, there’s no surefire way to prevent stress. You may lose your job. Someone you love may get sick, or even die. But there are ways to make your life less stressful.</p> <p>Let’s go back to the story.</p> <p>↗ DO: Read (or have a volunteer read) the rest of the story, starting with “Barbara has trouble saying ‘no’” on page 4.</p> <p>💬 DISCUSS: Do you ever have a hard time saying “no”?</p> <p>► SAY: We’ve talked about saying “no.” Now let’s discuss some other ways to reduce stress in your life.</p> <p>Please look at “Ways to Reduce Stress” on page 5 of this module’s handouts.</p> <p>↗ DO: Review the handout. Discuss briefly.</p> |
| | <p>Healthy Ways to Cope with Stress (17 minutes)</p> <p>► SAY: We’ve talked about how to make your life less stressful. But, as we’ve discussed, there’s no surefire way to prevent stress. So it’s important to know how to cope.</p> <p>Please look at “Healthy Ways to Cope with Stress” on pages 6 and 7 of this module’s handouts.</p> |

| Notes to Coach | Healthy Ways to Cope with Stress |
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| <p>.....</p> <p>This activity is optional.</p> <p>You likely won't have time to do all of these techniques. So start with the technique you think would work best for your group. It's better to do one technique well than do all of them poorly.</p> <p>If it's too crowded to lie down, participants can stay in their chairs.</p> | <p>↗ DO: Review the handout. Discuss briefly.</p> <p>.....</p> <p>✳ ACTIVITY: Practice Relaxing</p> <p>▶ SAY: The handout lists some ways to relax. Let's practice relaxing right now.</p> <p>↗ DO: If there's room to lie down, pass out one small pillow or mat to each participant. Ask participants to find a space on the floor. Allow them to sit or lie down on their mats. Have them leave at least one foot between themselves and their neighbors.</p> <p>Lower the lights. Put on soothing music. Ask participants to close their eyes. Walk around the room as you talk.</p> <p>▶ SAY: Let's start by relaxing your <u>muscles</u>. The idea is to tighten and then release each group of muscles in turn.</p> <p>Let's start with your face muscles. Scrunch up your face. Hold for 5 seconds. Now release. Do you feel the difference?</p> <p>↗ DO: Repeat with the jaw, shoulder, arm, chest, leg, and foot muscles in turn. Answer questions as needed.</p> |

| Notes to Coach | Healthy Ways to Cope with Stress |
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| <p>.....</p> | <p>▶ SAY: Now let's <u>meditate</u>. Focus on something simple that you find calming. It could be an image or a sound.</p> <p>Don't worry if other thoughts get in the way. Just go back to your image or sound.</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>▶ SAY: Now let's <u>imagine</u>. Imagine a scene that makes you feel peaceful. Try to picture yourself there.</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>▶ SAY: Now let's <u>breathe deeply</u>. Relax your stomach muscles. Place one hand just below your ribs.</p> <p>Take a slow, deep breath through your nose. Do you feel your hand going up?</p> <p>Now breathe out slowly through your mouth. Make sure to breathe out all the way. Do you feel your hand going down?</p> <p>↗ DO: Give participants a few minutes. Answer questions as needed.</p> <p>Turn off music. Turn on lights.</p> <p>🗨️ DISCUSS: What did you think of these ways to relax? Did you find any of them helpful?</p> <p>.....</p> |

| Notes to Coach | Healthy Ways to Cope with Stress |
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| | <p>► SAY: Keep in mind: It may take time to see results. Relaxing takes practice. Try to practice for at least 10 minutes a day.</p> <p>At first, it may be easier to relax if you lie down in a dark, quiet room. But in time, you'll be able to relax anytime, anywhere.</p> |
| | <p>Plan for Success (5 minutes)</p> |
| | <p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about how to manage stress.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↗ DO: Give participants a few minutes to make their action plan.</p> |

| Notes to Coach | Summary and Closing (5 minutes) |
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|  <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Ways to Reduce Stress ■ Practice saying “no” ■ Action Plan | <p>► SAY: Please look at “Ways to Reduce Stress” on page 5 again. Between now and our next session, write how <u>you</u> will make your life less stressful.</p> <p>I’d also like you to practice saying “no.” Pick something each day that you don’t want or need to do, but would normally say “yes” to. Instead of saying “yes,” say “no”!</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed how to manage stress. We talked about:</p> <ul style="list-style-type: none"> ■ Some causes of stress ■ The link between stress and type 2 diabetes ■ Some ways to <u>reduce</u> stress ■ Some healthy ways to <u>cope</u> with stress <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p> |