

Psychoeducational Group Worksheet

Worksheet Title: Coping with Stress

Facilitator(s): Dr. Emily Johnson, Licensed Psychologist

Date: September 23, 2023

Group Members:

- John Milder
- Lisa Sawyer
- Sarah Willis
- Mark Lee
- Mary Hampton

Instructions:

Provide clear instructions on how to use the worksheet. Mention the purpose and goals of the exercise.

Welcome to today's session on coping with stress. Our goal is to explore effective strategies for managing stress and enhancing emotional well-being.

Section 1: Introduction

Topic: Coping with Stress

Objective: To identify stress triggers and develop personalized coping strategies.

Section 2: Individual Reflection

Instructions:

Take some time to reflect individually on your sources of stress and how you typically respond.

Questions/Prompts:

1. What are the main sources of stress in your life currently?
2. How do you usually react when you're stressed?
3. Are there any healthy coping mechanisms you've used successfully in the past?

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Kathleen Armour



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