

# Close Companions: Online Relationship Academy

## Course: Managing Stress Together

### Lesson Three: Dealing with Personal Stress

#### Part 1: Who's in the Driver's Seat?

##### Objectives for this lesson

1. Be able to distinguish between healthy and unhealthy coping behaviors.
2. Have greater awareness of your own and your partner's stress management patterns, both positive and negative.
3. Experience encouragement about the things you're doing right.
4. Identify areas of potential growth in your coping behaviors.
5. Give and receive partner encouragement about your desires for growth.

##### Evidence that stress is in the driver's seat

1. Foot on the gas response (fight response)
  - Angry
  - Agitated
  - Heated
  - Keyed up
  - Overly emotional
  - Unable to sit down
  - Burning the midnight oil
2. Foot on the brake response (flight response)
  - Withdrawn
  - Depressed
  - Defeated
  - Shut down
  - Spaced out
  - Low energy
  - Low emotion

- Socially isolated

### 3. Foot on both (freeze response)

- Tense
- Frozen
- Paralyzed
- Spinning your wheels
- Procrastination