

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Lesson Three: Dealing with Personal Stress

Part 2: Steps to Healthy Stress Management

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.

Seven steps toward healthy stress management

1. Take ownership of the power and responsibility for managing stress
2. Develop the capacity to distinguish between healthy and unhealthy stress
3. Eliminate unhealthy sources of stress
4. Reduce toxic levels and durations of stress
5. Practice lifestyle habits that support stress health
6. Cultivate a positive outlook on life