

Close Companions: Online Relationship Academy

Course: Managing Stress Together

Course Introduction

Objectives for this Course

1. Become more aware of the reality and sources of stress in your life
2. Gain clarity about the effects of stress – physically, emotionally, mentally, socially, and spiritually
3. Develop skills and healthy habits for managing stress personally and relationally
4. Become more adept and understanding of supporting your partner as they manage their stress
5. Become more effective at asking for and receiving support from your partner as you manage your stress
6. Gain collaborative skills for dealing with shared stress.

Lessons Included

- Lesson 1: Acknowledging the Sources of Stress
- Lesson 2: Recognizing the Effects of Stress
- Lesson 3: Dealing with Personal Stress
 - Part 1: Foundational Information
 - Part 2: Seven Steps Toward Healthy Stress Management
 - Part 3: Distinguishing Healthy and Unhealthy Stress
- Lesson 4: Responding to Partner Stress
 - Part 1: Foundational Information
 - Part 2: The Dos and Don'ts of Responding to Partner Stress
- Lesson 5: Managing Relational Stress
 - Part 1: Foundational Information
 - Part 2: The Dos and Don'ts of Managing Relational Stress and Conflict
- Lesson 6: Stress and Your Future – Developing a Game Plan

Principles Behind the Course

- Collaboration
- Growth mindset
- Realistic optimism
- Progress, not perfection
- Proactive thinking
- Intentionality
- Commitment

Course Structure

- Teaching segments
- Worksheets
- Couple conversation
- Example couple conversations on the topic
- Supplemental resources

Recommendations for Getting the Most out of the Course

- Make use of all of the resources
- Complete the worksheets
- Make time for quality conversation with your partner
- Share and listen with teachable, appreciative hearts
- Hang onto your completed worksheets
- Take notes as your partner shares
- Make use of the supplemental resources
- Have a built-in bias for action