

# PREVENTION PLUS WELLNESS FOR PARENTS



## Controlling Stress

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# Prevention Plus Wellness for Parents

CONTROLLING STRESS

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# ***PPW for Parents***

## **Section 1.**

### **Introductory Letter**

Dear Parents and Guardians;

**W**elcome to **Prevention Plus Wellness (PPW) for Parents!** **PPW for Parents** is an easy to use prevention with wellness program for parents and guardians who want to promote active, healthy, successful, and substance-abuse free lifestyles among their youth. **PPW for Parents** is founded on our evidence-based SPORT Prevention Plus Wellness program.

**PPW for Parents** is a multi-session program designed to increase youths' wellness enhancing behaviors, including physical activity and sports, healthy eating and nutrition, monitoring calorie intake and weight, controlling stress, and planning for school success while avoiding alcohol, tobacco, marijuana and other drug use. Parents and youth can choose to implement some or all of the sessions, depending upon their interests and needs. Each **PPW for Parents** session is downloadable in easy to use PDF documents.

**PPW for Parents** targets naturally motivating positive images to increase personal goal setting to improve multiple wellness habits and positive self-identity of youth. For more information about all of our Prevention Plus Wellness programs

and services, go to our website at: <http://preventionpluswellness.com>.

The **PPW for Parents** program was designed to help youth look and feel more active, fit, healthy and successful by having them:

1. Identify wellness enhancing behaviors, along with risk habits that interfere with reaching wellness behavior goals and positive self-images;
2. Become aware of positive images of youth engaged in wellness promoting behaviors, and desired images of themselves in the future; and
3. Make a commitment to set and monitor multiple goals to increase wellness promoting behaviors, while avoiding wellness harming habits.

Your **PPW for Parents** program contains the following materials:

- Step-by-step implementation directions for parents;
- Brief youth wellness behavior survey;
- Parent pep talk script for providing youth with wellness messages;

**PPW for Parents** is a multi-session program designed to increase wellness enhancing behaviors, including physical activity and sports, healthy eating and nutrition, monitoring calorie intake and weight, controlling stress, and planning for school success while avoiding alcohol, tobacco, marijuana and other drug use.

- Colorful slides to show to youth during the pep talk;
- Goal plan for motivating multiple positive behavior change among youth; and
- Web-based resources for parents and youth addressing wellness behaviors.

Thank you for choosing **PPW for Parents**. We know you will find this program an easy and enjoyable way to promote positive wellness promoting behaviors and images, while preventing substance use and problems for your youth.

# ***PPW for Parents***

## **Section 2.**

### **Directions**



## Directions for Implementing Prevention Plus Wellness for Parents

**P**revention Plus Wellness (PPW) for Parents is implemented using these easy to follow procedures:

- 1) One or both parents or guardians can implement **PPW for Parents** to their youth. While it is helpful for the parent/guardian to be a good wellness role model, they don't have to feel like they must be perfect. In fact, this is an opportunity for parents to join their youth in setting goals to improve some of their wellness habits. It is best if parents/guardians receive training on how to provide brief wellness with prevention pep talks to their youth, but it is not absolutely necessary if they closely follow these simple steps.
- 2) Choose a quiet place to sit down with your youth to provide a wellness pep talk. During the first session, introduce your youth to **Prevention Plus Wellness** as a fun, new program created to help youth like them set positive wellness goals to improve how they look, feel and perform at things important to them, such as sports, school, and friendships. It takes less than 30 minutes to provide each wellness
- talk, making it easy to schedule sessions, even during the busy school year on evenings or weekends. Decide if you plan to implement all of the topics, or select those that are of most interest or help to your youth.
- 3) Following the Parent Pep Talk Script, read the Introduction section of the script to your youth. The Prevention Plus Wellness program was created to motivate all youth to set and achieve goals to improve their wellness habits and images.
- 4) Continue following the Parent Pep Talk Script. Read the Wellness Behavior Survey section of the script and hand your youth a printed copy of the wellness survey for that topic. Read the directions to them so they know it's purpose is to get them to start thinking about their current wellness habits. Ask them to answer the questions on the survey honestly and that you will not be looking at their responses. Each screening survey takes only a couple of minutes to complete.
- 5) Next, either have your youth look at the slides on a computer, or hand them a printed copy of the slides for that session. Each set of slides shows young people modeling wellness behaviors, and reinforces key positive image terms. Ask your

youth to turn to the corresponding pages as you read the remaining Pep Talk Script sections providing Positive Feedback, Positive Behavior and Image Messages, Risk Behavior and Image Messages, and your Recommendations.

- 6) The last section of the Parent Pep Talk Script is the Goal Plan. Hand your youth a copy of the Goal Plan. Read the plan with your youth and help them complete it. Then you and your youth sign and date the contract. Encourage your youth to complete each of the Goal Plans for their benefit, but don't try to force them. Ask your youth to post their plans at home as a reminder to monitor their wellness behavior goals each day.
- 7) When you and your youth have completed the Goal Plan, set a time and date for the next wellness session. Holding weekly wellness pep talks with your youth is ideal for maintaining motivation and positive action toward improving wellness habits and images of your youth. Decide if you'd like to move onto a new wellness topic, or remain focused on one topic for a longer period to make sure your youth is making progress before moving on to another wellness behavior. If you choose to stay on one topic, simply repeat providing the Wellness

Behavior Survey and the Goal Plan each session.

- 8) At the beginning of each subsequent wellness pep talk, first review the previous week's Goal Plan with your youth. Ask your youth what successes they experienced and make sure you praise them for even small improvements. Discuss what might need to be changed to make future improvements and have your youth complete a revised second Goal Plan if necessary. Keep all of your comments positive and supportive, and avoid any negative or critical comments to your youth. Remember, your role is to provide positive messages and support your youth in achieving their goals to improve their life. In addition to praise, you may wish to provide your youth with small material rewards when they achieve positive behavior changes. These could include anything that supports any of the wellness behaviors, such as healthy snacks, sports or fitness gear, or a relaxation CD.
- 9) Your Prevention Plus Wellness program also includes a list of web-based resources for both parents/guardians and youth addressing each of the wellness behaviors. You and your youth can explore these online resources as you discuss each topic. The resources were chosen to provide more information and support for

improving specific wellness habits  
and images leading to a greater  
wellness lifestyle for your youth and  
the entire family!



# ***PPW for Parents***

## **Section 3.**

### **Wellness Behavior Survey**

# Prevention Plus Wellness

## Controlling Stress

### Wellness Behavior Survey

**Directions:** This survey will assess your stress control behaviors. Your answers are private. Please answer all items honestly. Check the box that best matches your answer. There are no right or wrong answers.

1. One most days of the week, do you practice **deep breathing, meditation, prayer** or similar **mental or spiritual activities**?
    - a.  Yes
    - b.  No
  
  2. On most days of the week, do you put yourself in a **quiet environment** without distractions, or listening to **quiet or soothing music**?
    - a.  Yes
    - b.  No
  
  3. On most days of the week, do you cope with stress by **accepting things you can't change, looking at challenges as opportunities, or learning to forgive and let go**?
    - a.  Yes
    - b.  No
  
  4. On most days of the week, do you **communicate with friends or family** that are supportive of you living a fit and healthy lifestyle?
    - a.  Yes
    - b.  No
  
  5. On most days of the week, do you **get 8 or more hours of sleep** a night?
    - a.  Yes
    - b.  No
  
  6. On most days of the week, do you **engage in physical activity**?
    - a.  Yes
    - b.  No
  
  7. On most days of the week, do you **eat healthy foods and not skip meals**?
    - a.  Yes
    - b.  No
-

# ***PPW for Parents***

## **Section 4.**

### **Parent Pep Talk Script**

# Prevention Plus Wellness for Parents

## Controlling Stress

### Parent Pep Talk Script

#### **Introduction:**

(In a quiet location with your youth.) I want to talk with you for a few minutes about an exciting new wellness program created for all youth your age. The program is called Prevention Plus Wellness. It gives important facts about how your habits can make you look better, feel better, and improve your performance in nearly every part of your life.

Prevention Plus Wellness covers key wellness topics. Each topic includes a very brief wellness behavior survey, a set of slides that I will go over with you, and a wellness goal plan that can be done in just a couple of minutes. This session is about controlling stress in your life.



## Prevention Plus Wellness for Parents

### CONTROLLING STRESS

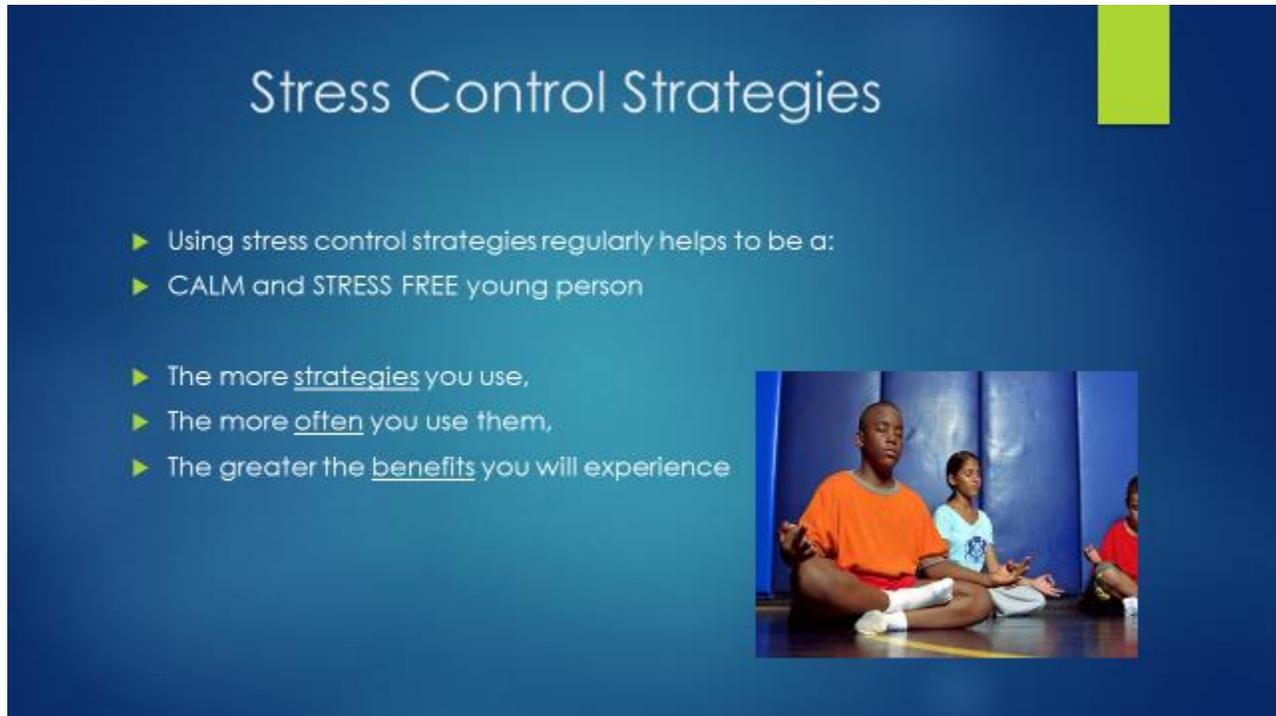
#### **Wellness Behavior Survey:**

To start, I'd like you to complete this very short survey. (Read directions to your youth. Have them complete the survey on their own.)

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## Positive Feedback:

(Ask your youth to turn to the first page of the topic slides and read along.) Using stress control activities on a regular basis helps to be a **calm** and **stress free** young person. The more stress control strategies you use, and the more often you use them, the greater the benefits you will experience.



The slide features a dark blue background with a light blue gradient on the left side. The title 'Stress Control Strategies' is written in white at the top. Below the title is a list of three bullet points, each starting with a green arrowhead. To the right of the text is a small inset photograph showing three children sitting on the floor in a meditative pose, with their eyes closed and hands resting on their knees. The children are wearing bright-colored clothing (orange, light blue, and red).

## Stress Control Strategies

- ▶ Using stress control strategies regularly helps to be a:
  - ▶ CALM and STRESS FREE young person
- ▶ The more strategies you use,
- ▶ The more often you use them,
- ▶ The greater the benefits you will experience

## Positive Behavior & Image Messages:

(Ask your youth look at the next two slides and read along.) Regularly practicing strategies to control stress will help you be more **focused, peaceful, and calm under pressure**. Using stress control approaches leads to looking more **confident** to friends, family and teachers. Daily stress management can also prevent mild depression, anxiety, and excessive worries, as well as headaches and acne breakouts. Controlling stress helps to be more **composed and in control** in tough situations. Being **relaxed** makes you more **friendly** and **sociable**, and the type of person others want to spend time with. In addition, relaxation strategies can give you **peace of mind**, a more **positive attitude**, and a greater sense of **happiness**.

# Benefits of Stress Control

- ▶ Stress control strategies help you be more:
  - ▶ FOCUSED,
  - ▶ PEACEFUL,
  - ▶ CALM under pressure, and
  - ▶ Look more CONFIDENT to friends, family and teachers
- ▶ They can also prevent:
  - ▶ Mild depression, anxiety and excessive worries
  - ▶ Headaches and acne breakouts



# MORE Benefits of Stress Control

- ▶ Daily stress control helps to be more:
  - ▶ COMPOSED and IN CONTROL in tough situations
  - ▶ Being RELAXED makes you more FRIENDLY and SOCIABLE
- ▶ Relaxation strategies can give you:
  - ▶ PEACE OF MIND,
  - ▶ A more POSITIVE ATTITUDE, and
  - ▶ A greater sense of HAPPINESS



## **Risk Behavior & Image Messages:**

(Have your youth look at the next slide and read along.) Stress can be triggered by using alcohol, cigarettes and drugs, leading to physical problems like headaches, fatigue and stomach aches. Drug and alcohol use can also cause mental problems, like anxiety and worries, reduce happiness, and increase feelings of sadness and hopelessness. These can lead to increased stress, making it more difficult to feel relaxed and peaceful. Alcohol

# ***PPW for Parents***

## **Section 5.**

### **Youth Goal Plan**

# Prevention Plus Wellness

## Controlling Stress

### Goal Plan

To look and feel relaxed, calm and stress free pledge to continue to avoid alcohol, tobacco and drug use, and complete the following goal plan to increase the number of stress control strategies you practice every day during the next week.

1. What **stress control strategies** will you use? (Check all you will use next week)
    - a.  Practice deep breathing, meditation, prayer or similar mental or spiritual activities
    - b.  Place yourself in a quiet environment without distractions, or listening to quiet or soothing music
    - c.  Manage stress by accepting things you can't change, looking at challenges as opportunities, or learning to forgive and let go
    - d.  Communicate with friends or family that are supportive of you living a fit and healthy lifestyle
    - e.  Get 8 or more hours of sleep a night
    - f.  Engage in regular physical activity
    - g.  Eat healthy foods and do not skip meals
    - h.  Others (list): \_\_\_\_\_
    - i.  None right now
  2. On how many days? \_\_\_\_\_ days this week (1-7 days)
  3. Which days this week? (Check off each)  SU  M  T  W  TH  F  SA
  4. How long each day? \_\_\_\_\_ (10-60 minutes each time)
  5. Where? \_\_\_\_\_ (Specific location)
  6. With whom? \_\_\_\_\_ (For example, a friend, family member, alone)
-

# ***PPW for Parents***

## **Section 6.**

### **Wellness Resources for Parents and Youth**

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## **Prevention Plus Wellness for Parents**

### **Wellness Resources for Parents & Youth**

#### **For Parents**

#### **Physical Activity and Sports**

**Kids Exercise.** KidsExercise was formed to offer a unique reference point on keeping your kids fit, active and healthy. This site is designed for all parents who are keen to get their children exercising, whatever the age of the child. The site is packed with informative and inspiring ideas for fitness and exercise, helping you find new ideas to try out and discover options that may suit your child's age and interest, from under-fives to teens. If you prefer to exercise as a family, then there's a section dealing with this, and if you enjoy incorporating exercise into other activities or holidays, then we've ideas to suit you as well. Read more: <http://www.kidsexercise.co.uk/>

**Healthy Living-The YMCA.** The Y is an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Today, the Y engages more than 10,000 neighborhoods across the U.S. By nurturing the potential of every child and teen, improving the nation's health and well-being, and supporting and serving our neighbors, the Y ensures that everyone has the opportunity to become healthier, more confident, connected and secure. YMCAs throughout the country enable people and communities to learn, grow and thrive. Use our Find Your Y Tool to find the location nearest you. Read more: <http://ymca.net/>

**Exercise Ideas for Teens-LiveStrong.com.** Exercise is an essential component in keeping a teen healthy, strong and energized. According to the Centers for Disease Control and Prevention, about half of Americans between the ages of 12 and 21 do not get regular, vigorous activity. Helping a teen find enjoyable ways to exercise will make him more likely to participate in the physical activity on a regular basis. Read more: <http://www.livestrong.com/article/465566-exercise-ideas-for-teens/>

#### **Healthy Eating**

**Feeding Your Teenager: Parents Can Help Teens Learn to Make Healthy Food Choices-WebMD.** Adolescence is a time of tremendous change. As teens mature, they make more food choices on their own, often in the company of influential peers. But even as teens become more autonomous, it's still up to their parents to provide them with good examples and nutritious foods. Here are some tips on how to go about doing that. Read more: <http://www.webmd.com/food-recipes/features/feeding-your-teenager>

**Teen Nutrition-FamilyEducation.** Teen nutrition can be a challenge. Ads for junk food and images of impossibly thin adolescents give kids conflicting and unhealthy ideas about

# ***PPW for Parents***

## **Section 7.**

### **Youth Slides**

**(See Slides PDF document)**