



Stress Management

Interim report April 26, 2016

(intervention started in late November

Goals & Target Groups

- Two Goals
 - To make people aware of their stress level
 - Provide opportunities to learn how to manage stress
- 5 Target Groups
 - Students
 - School Staff
 - Parent Groups
 - Community Groups
 - Library patrons

Progress to date

- Target group 1.
 - Goal was 9th grade and that is happening.
 - Added 5th and 7th grade because a teacher volunteered to provide stress management in her classes. These students have gotten stress cards and materials the teacher had.
 - Added a club/group at the HS for 15 students who meet regularly with a teacher – because they teacher has offered to do this. The teacher has purchased yoga mats to allow students to practice yoga. These students have got profilers, laugh, mini stress survival kits, flyers Practical stress management and stress cards.
 - At exam time, the CD were available for students

Progress to date

- Target Group 2
 - Administrative staff works regularly with the Stop Stress this Minute book and profiler
 - Walking group – not many have participated yet. May need to add an incentive of some sort.

Progress to date

- Target group 3 – parent groups
 - Parent teacher conference have been a great venue for reaching parents. In late November, handed out 191 stress cards. In late March handed out 93 stress cards.
 - Almost all parents took a card on their way into conference and came back to report their stress level on their way out. It clearly fostered discussion.
 - 4 parents identified high stress levels, so gave them a profiler.

Progress to date

- Target group 4 – community groups
 - Data for 3 groups so far (Kiwanis, Civic Club, MECC staff and) . 1 other group has been done – need data. Have other groups interested. Total of 45
 - Survey results
 - Current stress level , 22 low, 15 high
 - Stress reduction technique – 30 deep breathing, 31 walking, 9 mediation
 - How many will share what they learned? 28 Yes, 9 not sure, 2 will refer people to the library
 - Interested in Community Ed class? 20 yes, 14 No

Progress to date

- Target Group 5 – library
 - [ask Kathy for numbers]
 - Ruth was at the library one day when someone was renewing a Stop Stress this minute book