

Strength-Based Skills for Stress Management

Employee Assistance Program

Program Overview

This brief four-session program uses a solution-focused, strengths-based approach to stress management. Participants explore existing strengths and coping strategies while developing practical tools to manage stress more effectively in daily life. Through guided discussion, reflection, and skill-building activities, participants learn ways to recognize stress early, respond more intentionally, and build greater balance and resilience.

Program Focus Areas

Throughout the program, participants can expect to:

- Reflect on personal stress patterns, strengths, and goals for improved well-being
- Increase awareness of stress triggers and early physical, emotional, and cognitive warning signs
- Learn practical techniques to regulate stress and create space between stress and reaction
- Strengthen coping skills that support prioritization, boundaries, and emotional balance
- Apply strategies to real-life situations at work and in personal life
- Develop sustainable habits that support resilience and prevent burnout

Program Takeaways

By the end of the program, participants will have:

- A clearer understanding of their personal stress patterns, triggers, and strengths
- Practical, repeatable tools to manage stress in everyday situations
- Increased confidence in coping, emotional regulation, and boundary setting
- A personalized approach to support long-term stress management and early stress recognition

