

Session 5: Stress Busters

Objectives for session:

- Issues around stress are normalised.
- Students are given core skills in resilience, and strategies to proactively build on these skills as they prepare for exams.
- Students are encouraged towards self-compassion.

Useful resources:

- Group List (see <https://s2svolunteer.tcd.ie>)
- Room Number
- [Icebreaker suggestion list](#)
- [Inner Critic Interactive resource](#)
- [Self-Compassion Interactive Resource](#)

Ideas for activities:

Welcome

- Help group feel connected to each other and have fun with an icebreaker.

Talk Around Topics:

Reflection on the Inner Critic interactive resource

If conversation is not forthcoming use the following questions.

- Are there times when your inner critic feels like a helpful voice?
- Can you think of any specific things your inner critic says/has said to you?
- How could you rephrase/reframe things your inner critic says?
- What might help with a persistent inner critic?

What is Stress?

If conversation is not forthcoming use the following questions.

- What does stress physically feel like?
- What exacerbates stress? (hint: demands vs resources?)
- What helps to reduce stress?

Self-Compassion

If conversation is not forthcoming use the following questions.

- Is it harder to be compassionate for ourselves, or for others? Why?
- What happens when we apply self-compassion to our inner critic?
- What would help us to practice self-compassion more?

Wrap-up

- Summarise discussion, including positive moments and further action
- Check-in around topics group would like to cover in next session

Please remember to fill out the [feedback form](#) after the session