

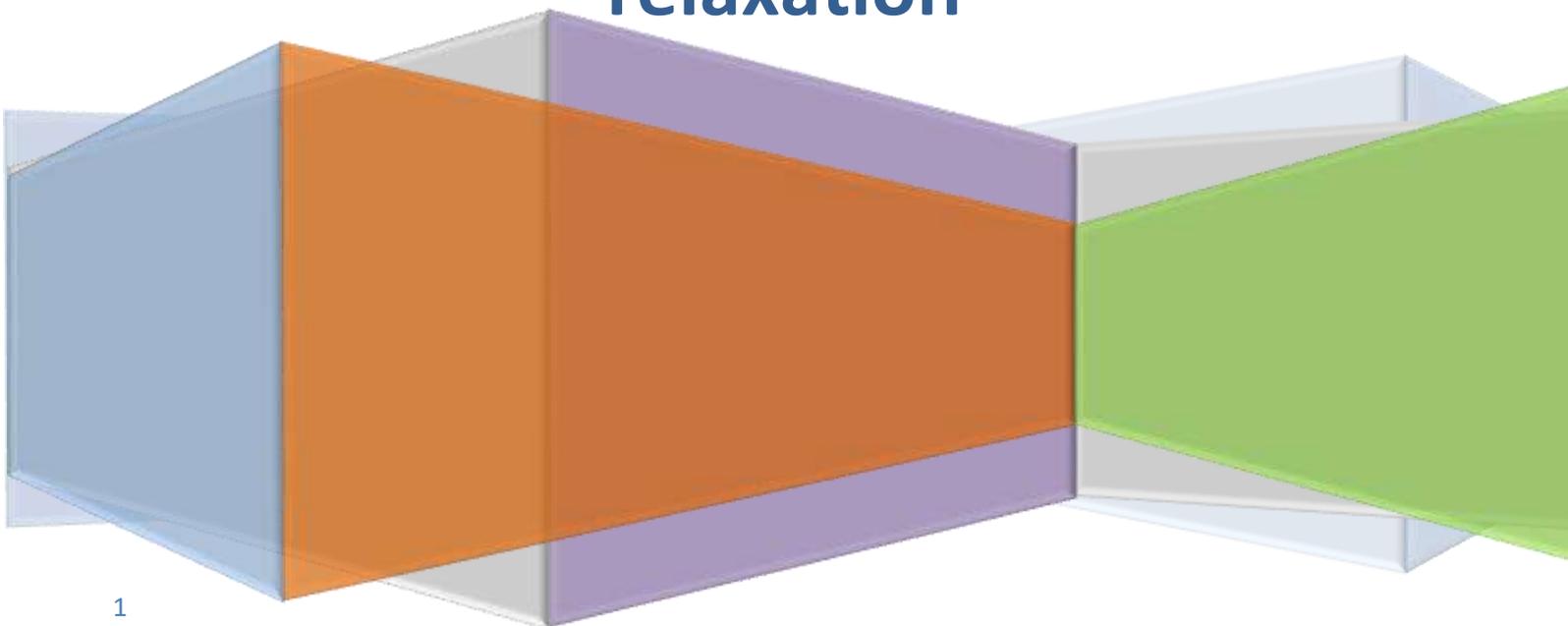


IO2. Task 2.2

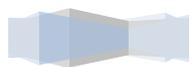
Work slowly, work better

Training toolbox

**Name of the skill: Stress and lack of
relaxation**



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NAME OF THE TOOL: "OPTIMISM (REFRAMING)"

ORGANIZATION AND COUNTRY: Orange Hill Poland

Online Face to face

Overview (What I am going to learn?):

Thanks to the implementation of the exercise, participants will:

- learn to analyze the details of bad situations in depth and point to their causes
- distance themselves from bad things that have happened to them and will be able to distance themselves from this situation and evaluate it without unnecessary emotions
- learn to identify which character / behavior traits helped them to overcome these difficult moments and to cope with the stress associated with them
- learn to draw conclusions for the future from how they coped with these difficult, stressful situations

Objective (What am I going to learn it for?):

Participants perform this exercise especially to learn to distance themselves from bad situations that have happened to them in their lives. Thanks to this, they will become aware of their reactions to these bad situations and will be able to judge in retrospect whether their behavior was correct (led to the resolution of the conflict / stressful situation). Thanks to this, they will be able to apply these proven behaviors by analogy in the future, or avoid wrong behaviors / reactions if they did not lead to the solution of a bad situation.

Materials:

The content of the sheet entitled "OPTIMISM (REFRAMING)", a pen, a notebook

Time:

About 15 - 20 minutes for individual work and about 20 minutes for the trainer to discuss the results of individual work

Target group:

The exercise has a very universal character. The exercise can be used for various target groups.



Instructions for facilitators

The trainer / facilitator explains to the participants of the training the purpose and the questions that they should answer in the form. Then each participant works individually. After completing the work, the trainer / facilitator asks volunteers to present the results of their work to the entire training group. The trainer / facilitator refers to these presentations and discusses them.

Tasks and procedure

The trainer / facilitator asks participants for:

- read the following questions carefully
- follow the directions and answer the next questions related to the bad situation described
- share the results of individual work in the group forum

OPTIMISM (REFRAMING)

- 1. List down bad things or situations that happened to you. Pick one of them. Make sure that the one you picked is ended.**
- 2. Describe the situation. Write down what exactly happened.**
- 3. What did you feel at the time when it was happening?**
- 4. What did you think about yourself or the person who triggered that situation?**
- 5. What did you do to cope with the situation. Write down exactly what actions you took.**
- 6. Who stood behind you at that time?**
- 7. What or who helped you during that situation (even if it happened without anyone's intention or by accident)**
- 8. Which of your character traits helped you to overcome this difficult moment?**
- 9. What have you learnt from this situation?**

Adaptation to online implementation

The exercise can be performed online using the ZOOM, MS TEams, Google Meet or other communicator. It should be remembered that this exercise is individual and relates to the experiences of individuals.

Connection with the skill

- Stress and lack of relaxation
- Ways of coping with stress and creating an optimistic attitude towards bad situations



Conclusion and evaluation

This exercise is performed individually and may involve the very personal experiences of the training participants. When discussing the results of this exercise, one should approach the stories presented in an empathetic way. You should not judge people, but only refer to the presented problems and ways of solving them. The trainer / facilitator can support the discussion of the exercise with theory on how to cope with stress and gain distance from the surrounding reality.

