Stress Reduction Module #12:

Sustaining Long-Term Stress Relief

### Stakeholder Sign Off

| **Name** | **Role\*** | **Initials** | **Date** |
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| [Heather Muszynski](mailto:heather@kuarahealth.com) | Author | HM | 10.10.24 |
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**\*\*Roles**: Approver, Reviewer, Author

### Version Update Management

| **Editor Name** | **Purpose of Revision(s)** | **Stakeholder(s) Notified?** | **Date** |
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| Dr. Frame | Editing verbiage & content additions | Y | 2024.10.24 |
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Key Concepts.:

* Develop a personalized maintenance plan to support your long-term stress management.
* Learn strategies for managing setbacks and maintaining progress.
* Reflect on insights, lessons, and progress gained throughout the program.

#### **Introduction**

Welcome to the final week of the stress reduction program! You’ve come a long way, and this week is all about reflecting on your progress and preparing for the future. The work you’ve put in over the past 12 weeks has laid a strong foundation, and now it's time to ensure that you can sustain this growth moving forward.

#### **Entering the Maintenance Phase**

Now that you’ve learned new techniques and strategies to enhance your stress resilience, let’s talk about how to maintain these over the long-term. This is an exciting and also challenging stage. It’s important to recognize that maintaining these new strategies can be tricky because, as life gets busy, old habits may try to creep back in.

To stay on track, continue to monitor your progress and celebrate your wins–no matter their size. Remember, setbacks are normal and are great learning opportunities. The key is consistency, not perfection.

#### **Dealing with Setbacks**

Life happens, and sometimes things don’t go as planned. Setbacks are a normal part of any long-term process and don’t mean you’ve failed.

**[EXPANDED OPTION]**

What’s important is how you handle setbacks. Here are tips to help you:

**Practice Self-Compassion:** Remind yourself that it’s okay to have an off day (or even week). Stress management is a lifelong practice.

**Return to the Basics**: If you feel overwhelmed, revisit the foundational techniques you learned in the first few weeks—like deep breathing or progressive muscle relaxation.

**Ask for Support:** Don’t hesitate to reach out to a friend, family member, or coach when things get tough. You don’t have to go through it alone.

**Example:**Let’s say you’ve been doing great with your sleep routine, but a stressful work week throws you off track. Instead of dwelling on this, recognize the setback, go back to the basics (like a bedtime relaxation technique), and gradually reset your routine. Remember it’s about the long game.

#### **12-Week Review**

This final week is about reflecting on your journey with your coach and acknowledging your accomplishments and identifying areas where you can still grow.

Self-awareness is key to sustaining long-term well-being, helping you grow and adapt, beyond the program.

**[EXPANDED OPTION]**

In preparation for your final coaching call, look back over the past 12 weeks and ask yourself:

* What insights have I gained about my stress triggers and how I handle them?
* What strategies or techniques have been most effective for me in managing stress?
* How has my understanding of stress management evolved?

**Example:**Maybe at the start of the program, you weren’t aware of how much your daily caffeine intake was contributing to your stress. By reducing your intake or switching to decaf in the afternoon, you’ve noticed a big improvement in your energy and stress. Reflect on this kind of progress—regardless of size—and take note of what you’ve learned.

#### **Reassess and Adjust Goals**

Now is a great time to reassess the goals you set at the start of the program. Have you achieved them? Are there any new goals you want to work toward?

**[EXPANDED OPTION]**

In preparation for your final coaching call, look back over the past 12 weeks and ask yourself:

* Which of your goals did you achieve? Which goals are still in progress?
* For any goals you’re still working toward, what steps will you take to continue progressing? What barriers have you observed?
* What new goals, if any, would you like to set for yourself now?

**Example**:  
Maybe one of your original goals was to manage work-related stress. Now that you’ve developed tools for that, your new goal might be improving work-life balance by committing to a regular workout schedule or practicing mindfulness during lunch breaks.

#### **Ongoing Support and Resources**

After the program ends, stay connected to the tools and resources is key to maintaining progress. Accountability is crucial for long-term success.

Ways to maintain accountability:

* **Stress-tracking tools**: Continue using apps or journals to track your stress and identify patterns.
* **Regular coaching:** Consider scheduling periodic coaching sessions to stay on track.
* **Join a community**: Find support groups or communities where you can share experiences and tips with others on a similar journey.
* **Supplement adherence:** Stay consistent with the supplements that support your stress management routine. Set daily reminders on your phone or use a pill organizer to ensure you don’t miss a dose. Tracking how you feel over time can also help you assess the effectiveness of your supplement regimen and adjust as needed.

#### **Celebrating Achievements**

Finally, take the time to celebrate your success. You’ve made real progress, and that’s something to be proud of. Recognizing your achievements can motivate you to stay committed to your well-being and empowers you to set new goals .

**[EXPANDED OPTION]**

In preparation for your final coaching call, reflect on:

* What have I achieved that I didn’t think was possible at the beginning of the program?
* What strengths have I discovered about myself?

### **Wrapping Up**

This is just the beginning of your long-term stress management journey. With the tools and insights you’ve gained, you’re well-equipped to navigate the challenges ahead. Continue reflecting, setting new goals, and maintaining the healthy habits you’ve built.

You’ve got this!

You are encouraged to continue with your supplement regimen alongside your newly learned stress reduction practices to support a stress-free lifestyle and maintain your results. Supplements will be billed monthly, and you’re free to cancel at any time if needed.

## Module #12: Activities and Exercises

### **Activity: 12-Week Reflection**

**Objective:** Reflect on the progress you’ve made throughout the stress reduction program and develop a personalized maintenance plan for long-term stress management.

**Instructions:**

1. Spend 15-20 minutes reflecting on your journey over the last 12 weeks.
2. Write down the following:
3. What stress management techniques worked best for you?
4. How has your understanding of stress and its triggers evolved?
5. What challenges did you face, and how did you overcome them?
6. Identify any goals you achieved and note any areas still in progress. Adjust or set new goals for your continued growth.
7. Share these reflections with your coach during your final call or keep them for personal reference.

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### **Activity: Reassessing Goals for the Future**

**Objective:** Reassess your original stress management goals and set new goals to sustain progress moving forward.

**Instructions:**

* Review the goals you set at the start of the program. For each goal, note whether you:
  + Achieved it fully
  + Made progress but need more work
  + Shifted your focus to other areas
* For goals still in progress, outline the steps you’ll take to continue making progress.
* Set 1-2 new long-term goals for stress management (e.g., improving work-life balance or maintaining mindfulness practices).
* Write down these new goals and create a plan for how to measure your success. Share your updated goals with your coach during your final session or keep them for your personal accountability.

### **Activity:**

**Objective:**

**Instructions:**