RiseUp Solutions

COURSE OUTLINE

Becoming Your Own Therapist: Decode Stress by Understanding Your Basic Psychological Needs

OVERVIEW

Some stress can motivate us, but long-term stress takes a toll on physical and mental health, and generic tips often don't help. This workshop digs into the causes of each person's stress and helps them choose strategies that fit their own needs. It uses psychological assessments, mindfulness practice and the three basic psychological needs: autonomy, competence and relatedness.

WHO IT'S FOR
Anyone who wants to understand their stress and their psychological needs.

DURATION
2 days

DELIVERY
In-house · Public

OBJECTIVES

- Understand yourself better through an objective, evidence-based psychological assessment
- Recognise signs of stress and tell stress apart from burnout
- Explore what is causing your stress
- Identify your psychological needs and how they feed into stress
- Learn hands-on mindfulness techniques using different senses
- Learn hands-on ways to meet your psychological needs

MODULES

1. What Is Stress?
- Icebreaker: examining stress in the body
- Stress from biological, psychological and social perspectives
- How stress affects the body

2. How Stressed Are You?
- Measuring your stress level with a psychological tool
- Causes of stress, based on research
- Recognising the signs and symptoms of stress

3. Stress vs Burnout
- What burnout is
- Similarities and differences between stress and burnout
- Measuring burnout with a psychological tool
- The consequences of burnout and its effects on the body

4. Self-Evaluation and Reflection
- Reviewing current stressors and coping strategies
- Effective, healthy coping strategies
- Planning a personal therapy plan

5. Mindful Body
- Bringing awareness to the body
- What your body is telling you
- Activity: guided mindfulness body relaxation

6. Basic Psychological Needs
- Introduction to basic psychological needs
- Three domains: autonomy, competence and relatedness
- How unmet needs link to stress

7. Evaluating Basic Psychological Needs
- Assessment with a psychological tool and guided interpretation
- My needs vs my stress
- Why meeting your needs matters, and ways to meet them

8. Building Autonomy
- Mindfulness: common myths and facts
- Mindfulness and its benefits
- Evaluating your mindfulness level
- Activity: guided mindful eating and walking

9. Building Competence
- What research says about building competence and trying new things
- How building competence relates to self-esteem
- Activity: team puzzle

10. Building Relatedness
- The power of connection for our health
- The Johari Window
- Activity: rediscovering me

HRD Corp claimability confirmed in your proposal

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