Session #1 - Dealing with stress: Everyone faces stress in their lives from time to time. Though not all stress can be avoided, most can be dealt with. That’s the important thing to remember. In some cases, stress can help motivate and push a person to accomplish their goals and tasks. This is known as healthy stress! There is also unhealthy stress which can wear a person down and cause negative health effects after a awhile. It is good to relax and un-stress when you’re facing these! It is also a good idea to talk to others about

Session #2 - Stereotypes affected how a person is being treated by others: Sadly, stereotypes exist in the world around us. If a person is constantly being treated in an unfavourable manner, then the way they perceive themselves can change. Often, if that person feels shunned or unwelcomed then their personal change will be negative. They can become harsher on themselves and overall just less happy. With this in mind, it’s important to treat others with kindness especially when you meet for the first time!

Session #3 - Impacts on shaping your views of relationships: It is important to keep an open mind, but also respect your views as well as the views of others. This is especially vital in relationships if you want them to last. Although you will always have your own thoughts and opinions, it is a wise choice to be more accepting to those of others. Even if you don’t agree, it is good to try and understand!

Session #4 - Healthy Relationships: A healthy relationship involves two people caring and looking out for each other. One example of this I commonly see is my grandparents. Even though they may bicker and argue some days, they still care and love each other at the end of the day. They make each other feel happy and at the end of the day, that is a great basis for a relationship.

Session #5 - Active Listening Skills: Listening can be one of the most valuable skills we can acquire. It can help us strengthen our bonds with other and help us build new ones as well! It is not enough to talk to others, but we have to listen as well if we truly want to understand.

Session #6 - Abusive Relationships: Though some relationships can be good and fulfilling,others can be the polar opposite. An abusive relationship is commonly stereotyped as only physical abuse. The truth is that the abuse can be mental as well. It is important to know of the resources in our town to help deal with these situations.

Session #7 - Supporting Friends & Relationship Responsibilities: When your friends or family members are going through a tough time it’s important to be there to help. Listen to them and encourage them to share what they are feeling. If you think the time is right, you can offer some advice. More often than not, just being there for them makes a huge difference.

Session #8 - Communication: In certain situations, you need to communicate differently. When you speak assertively, you can often bring your point across well and avoid raising tempers. When you begin to speak aggressively, you risk getting someone angry and making the situation worse. When you speak passively, your words can easily be ignored and brushed away. Certain times call for a different style of speaking and it is wise to think about it before you talk.

Session #9 - How to cope:

Session # 10 - Peer Pressure / Refusal Skills - delay, refuse, and negotiate: In situations where you feel uncomfortable, using these skills can come in handy! Delaying can help you slip out of a bid scene and refusing can help you state your point. Negotiation can offer a healthy balance of the two. It also helps you appear more approachable and friendly if you use it right.

Favourite Topic: I believe this topic is widespread and can be found in everyone’s lives. Whether it be something that happened at work, school or even on the street, stressors can be found everywhere. Over time, these stressors can build up and really drain a person. Though not many know, stress can yield an array of physical effects as well as mental ones. jitters, lack of sleep and agitation are common symptoms of too much stress. Now it is important to note that there are two main types of stress; positive and negative. Positive stress is often not as potent and can actually be quite helpful. If you’re feeling slightly stressed out by a project or an upcoming presentation, this healthy stress can help motivate you to get your tasks done. Too much of this stress can also quickly become negative stress though. Negative stress is exactly how it sounds; negative! It is bad for your mind and body. When you worry too much or you exaggerate the small things then you are much more likely to experience negative stress in your life. By preventing stress in the first place, you can save a lot of mental wear and tear.

Sometimes however, it is simply impossible to avoid stress. In this case, learning how to deal with it will be your best bet. Often times, a quick and simple fix can help curb your stress instantly! Here are some methods that works for many:

-Take a walk

-Relax

-Have a bath

-Get more sleep

-Keep a journal

-Avoid caffeinated foods and drinks

-Free up your schedule

-Focus on having more ‘me’ time

-Do an activity you enjoy

-Hang out with your friends

-Talk it out

The last option is often overlooked by most, but it can prove to be very valuable. When you keep all of your thoughts to yourself, they can only build up. It does wonders to let out some steam and talk about the stress that you’re feeling!

There are many different levels and types of relationships. Friends, acquaintances, co-workers, partners, girlfriends, boyfriends and everything in between. The most important thing in all of these relationships though is whether they are healthy or not. A healthy relationship is any relationship that is beneficial for everyone involved. It is a relationship where you feel safe and happy.

**Healthy Relationships:**

To keep these healthy relationships going, sometimes breaks from each other are needed. Though this may seem strange, it is very helpful! When you spend all of your time with one person, you can begin to get fed up with them. A break ensures that this is less likely to happen.

UNhealthy relationships can be draining, in both the long and the short run. They can add excessive stress to your life and interfere and prevent you from simply living your life. As mentioned before, these negative relationships aren’t just ones that cause physical distress, but mental as well. In the past 10 years, a lot more focus has been placed on showing how mental abuse is just as damaging. I believe this awareness is great and should continue to happen.

**Thoughts:**

Overall, I really enjoyed the program. It helped break the tension and silence associated with some of these topics. It was a great way to work together as a class and learn more about one another as well as how to be a better individual. The course had a great focus as many people find themselves having relationships of one kind or another. These lessons give ways to help keep those relationships positive and healthy. The one thing I wish would change is the format of the lessons. I liked how we moved during some, but after a few weeks they did all become somewhat similar. Other than that, I think it was very helpful.