# Taking Care of Ourselves: Stress Reduction Workshop

**Date:** ______________  **Location:** ______________  **Trainer:** ______________

**PROGRAM AFFILIATION:**
- o Head Start  
- o Early Head Start  
- o Child Care  
- o Mental Health  
- o Parent  
- o Other

**PARTICIPANT INFORMATION**

1. **My role can best be described as (check one only):**
   - o Administrator/manager  
   - o Mental Health Consultant  
   - o Early care and education provider  
   - o Parent/Caregiver  
   - o Community Partner  
   - o Other ____________

2. **I have been involved in early care and education or serving young children and families for:**
   - o I am not involved  
   - o Less than 1 year  
   - o 1-2 years  
   - o 3-5 years  
   - o 6-10 years  
   - o 10 + years

**COURSE OBJECTIVES**

Please indicate how much you agree or disagree with each of the following statements by circling the appropriate number.

This training helped me to:

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
</table>

**PART 1 – Understanding Stress**

1. Understand the definition of stress  
2. Identify common sources of stress  
3. Describe my personal sources and signs of stress

**PART 2 – My Role In Stress Creation and Reduction**

1. Recognize the link between thoughts, behavior, and emotion  
2. Recognize the role of control in stress creation and reduction  
3. Understand my personal role in stress creation and reduction

**PART 3 – My Individualized Plan**

1. Identify strategies and practice techniques to reduce my level of stress  
2. Create my Individualized Action Plan for managing stress

**Comments:**
LEARNING EXPERIENCE

Please give use feedback about components of this training.

<table>
<thead>
<tr>
<th>Component</th>
<th>Poor</th>
<th>Fair</th>
<th>Average</th>
<th>Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Structure (e.g., # of sessions, # of trainers, etc.)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. Quality</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. Usefulness of information</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. Balance of lecture, team work, group discussions</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5. Use of examples and their relevance</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6. Homework and follow-up</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7. Opportunity to learn from peers and network</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Comments:

Please answer the following questions:

1. What aspect(s) of the training were most helpful?

2. Based on this training, what will you use within the next month?

3. What aspect(s) of this training would you do differently?

Thank you for your feedback!