



The Unstressables: Stress Management Group Counseling Guide

Stephanie M Lerner MS

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This guide includes 8 sessions of stress-relieving activities and information to calm your anxious students/clients. Guide your most stressed customers to feel and function better in their lives through techniques such as breathing exercises, visual imagery, muscle relaxation, positive self-talk, and more! With this book, you will receive: a sessions guide with 8 one hour sessions, a recommendations guide for facilitating a stress management group, a parent permission letter, stress and anxiety reduction strategies, informational readings, templates for data, group passes, session notes,, and more! Appropriate for use with students/clients ages 8-18.

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