Welcome to "Stress Less and Thrive."

Over the next 4 weeks, you'll be introduced to some tools as we work together. This packet includes all the handouts and homework that will be assigned or reviewed during the program.

Your packet starts and ends with the same handout, Stress Less and Thrive Questionnaire. Please gauge your current skills and complete it before the first session. Then go back to the document at the program end and answer the questions again. We've found it helps participants to see where they were when getting started and where they're landing at the end of the program. Your facilitator may also ask the survey questions during the first and final sessions.

It can be helpful for you to review these items before a session:

- Session 1 – the Wellness Wheel and Stress Logs.
- Session 2 – online articles about **taking control of your emotional intelligence** and about **managing your emotions**.
- Session 3 – My Personal Values Assessment, Personal Journal, and **online article about knowing your core values**.
- Session 4 – Strengths Assessment and Characteristics of Successful Changers.

If you need to reach your facilitator or our team, feel free to call us at 503-286-6816 or 1-866-301-3866, option 2.

Thanks for joining "Stress Less and Thrive!"

Health Coach Team
Health Engagement and Wellness Services
Kaiser Permanente Northwest

KAISER PERMANENTE®

228775_11-20

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232. ©2020 Kaiser Foundation Health Plan of the Northwest