

Implementing the Stress Management Education Series



Week	Monday	Tues	Wednesday	Thurs	Friday
1	<ul style="list-style-type: none"> • Provide Breath Awareness tip • Yoga or EnerChi class 		Use Breath Awareness during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Breath Awareness meditation
2	<ul style="list-style-type: none"> • Provide Progressive Relaxation tip • Yoga or EnerChi class 		Use Progressive Relaxation meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Progressive Relaxation meditation
3	<ul style="list-style-type: none"> • Provide Mindful Movement tip • Yoga or EnerChi class 		Use Qi gong Mindful Movement during the Cool-down segment of any Signature format class.		Yoga or EnerChi class using Qigong Mindful Movement
4	<ul style="list-style-type: none"> • Provide Guided Imagery tip • Yoga or EnerChi class 		Use the Guided Imagery Nature meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Guided Imagery Nature meditation
5	<ul style="list-style-type: none"> • Provide Exercise tip • Yoga or EnerChi class 		Use the Square Breath meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Square Breath meditation
6	<ul style="list-style-type: none"> • Provide Stress Journaling tip • Supply sample Stress Journal • Yoga or EnerChi class 		Use Seated Yoga Mindful Movement during the Cool-down segment of any Signature format class.		Yoga or EnerChi class using Seated Yoga Mindful Movement
7	<ul style="list-style-type: none"> • Provide Social Interaction tip • Yoga or EnerChi class 		Use the Guided Imagery Color meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Guided Imagery Color meditation
8	<ul style="list-style-type: none"> • Provide Gratitude tip • Yoga or EnerChi class 		Use the Gratitude meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Gratitude meditation
9	<ul style="list-style-type: none"> • Provide Nutrition tip • Yoga or EnerChi class 		Use Tai Chi Mindful Movement during the Cool-down segment of any Signature format class.		Yoga or EnerChi class using Tai Chi Mindful Movement
10	<ul style="list-style-type: none"> • Provide Happiness tip • Yoga or EnerChi class 		Use the Happiness meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Happiness meditation
11	<ul style="list-style-type: none"> • Provide Positivity and Optimism tip • Yoga or EnerChi class 		Use the Alternate Nostril Breathing meditation during the Relaxation segment of any Signature format class.		Yoga or EnerChi class using the Alternate Nostril Breathing meditation
12	<ul style="list-style-type: none"> • Provide Giving Back tip • Yoga or EnerChi class 		Use Standing Yoga Mindful Movement during the Cool-down segment of any Signature format class.		Yoga or EnerChi class using Standing Yoga Mindful Movement

The Stress Management Education Series has been designed to complement the SilverSneakers® Signature classes at your location, as these classes have opportunities for stress reduction and mindfulness built into their format during the Cool-down and Relaxation segments of class.

For best results, it is recommended the series be combined with a minimum of three SilverSneakers Signature classes. At least two of the classes offered as part of this series each week are recommended to be a SilverSneakers Yoga or EnerChi class. One class opportunity each week may include another Signature format class, such as Classic, Circuit or Stability, as long as the stress reduction mindfulness technique for the week is utilized during the Cool-down or Relaxation segment of class.

Education and tips are provided as resources for participants to better cope with stress. The series can assist participants with finding effective ways to bring the benefits of physical activity, positive lifestyle choices, social interaction, mindfulness and other stress management strategies to their daily life.