



Workload Stress Ideas For CUs and Chaplains

Aim

Everyone gets stressed, particularly when it comes to coursework deadlines and exams! Here's a bunch of resources, aimed at helping you and your friends to de-stress, by going to the Burden Carrier – Jesus! They can be used for one-off CU sessions, or as a series as explained below.

Resources:

- **Two** User-Friendly Guides to help your CU cope with stress:
 1. Daniel and Workload Stress
 2. Workload Stress – Gems from Jesus
- **One** User-Friendly Guide to help you share Jesus when people are stressed!
- “Stressed?” **flyer** that points people to Jesus (order free: info@festive.org.uk)
- “Stress” **questionnaire** (which helps people to understand how they handle stress).

Half-Term Series:

- **Week 1** – Daniel and Workload Stress
- **Week 2** – Workload Stress – Gems from Jesus
- **Week 3** – How to share Jesus when people are stressed
- **Week 4** – CU Stall (see below)
- **Week 5** – Event



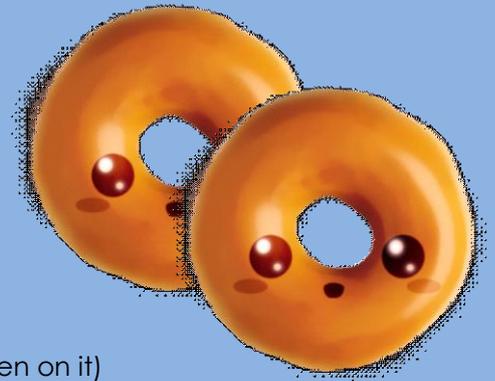
Stress Stall

What is it?

- It's a stall, run by your CU to offer to help people de-stress.

What you need:

- "Stress" questionnaires
- "Stressed?" flyers
- Stress balls
- Funky prayer box (an old shoe box dressed up)
- Pens
- Paper
- Sweets and/or homemade cakes
- Table and a couple of chairs
- A chunky sign (a big piece of paper with "Stress" written on it)



How it works:

- **Ask permission** from your college to run a stall (in a popular part of your college [reception; canteen, etc.]) because you want to help people cope with their workload stress.
- **Put up** a big sign with the word "Stress" on it.
- **Get different CU members** to run the stall (make sure there are at least two of you on at any one time). As people come over to ask "What is this about?" you can explain that as the Christian Union, you want to help people with the stress of their workloads and exams.
- **Invite people** to do any or as many of the following as is appropriate:
 - ❖ Fill out a "Stress" questionnaire.
 - ❖ Have a squeeze of a stress ball.
 - ❖ Take a "Stressed?" flyer and invite them to come along to your CU De-stress event.
 - ❖ Jot something down on a piece of paper that they'd like the CU to pray about for them and then pop it in your funky prayer box. As a CU get together to pray for the requests.
 - ❖ Offer people some sweets or homemade cakes.
- **Order free "STRESSED?" flyers** from Festive here: info@festive.org.uk
- **Organise an event** that you can invite people to, to help them de-stress. You could either get a guest speaker in to talk about how Jesus deals with Stress, with a Q&A. Alternatively, you could run a prayer session (and invite people to that) where you as a CU pray for the needs that people have put in the Prayer Box. If people have left names, make sure you anonymise the prayer requests!
- **Print the details** of your event onto stickers and stick them in the allocated space on the "Stressed?" flyers. Be sure to include the following info': Where you're meeting; When you're meeting; and What you're meeting about (i.e. a catchy title)!
- **Pray** asking our Father in heaven to bless your CU's attempts to de-stress the distressed!