



The Big 4 strategies are proven techniques that manage stress and enhance performance, reducing stress response and increasing resilience. Alongside other stress management practices and self-care, they can improve mental and emotional effectiveness. Like physical training, mastering stress management techniques can lead to superior performance and decreased stress levels. However, these skills require learning, practice, and application to be effective in stress management and reduce susceptibility to stress-related health issues.

BIG 4 STRATEGIES

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Pocket Card](#) infographic created by the Mental Health Commission of Canada for The Working Mind Workshop that is offered here at the CCSA.

After everyone is done, use the guiding question below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How would you successfully deep breath/diaphragmatic breath?
- How would you set smart goals?
- What are some ways you can use visualization?
- How can you engage in positive self-talk?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

