



Town Hall Discussions on Job Stress

“When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body.” (Information from <http://www.apa.org/helpcenter/stress.aspx>.) One way to better understand the stressors that your employees and students are experiencing is to plan a town hall, where individuals can openly discuss the topic. Town halls can provide wonderful insight straight from the source and allow for open discussion amongst all involved.

How to Implement

- With your wellness committee, establish employee and student interest in a stress town hall
- Talk to employees/students to determine the best time for a town hall
- Reserve a meeting space
- Find someone who is willing to lead the town hall
 - Psychiatry professor
 - Counselor
 - Ask EAP to send someone
 - <https://platform.cinchcast.com/ses/BY7uzRu7yK0tYHiooyRvfg~~>
 - <http://familyaware.org/programs-overview/register-for-a-free-educational-webinar>
- Create a sign-in sheet to measure participation.
- Talk to managers about providing flexible work times to participate.
- Consider making town hall available through Zoom or through a recording for those that can't attend
- PROMOTE the event through emails and posters
- Additional information on stress from the American Heart Association can be found at:
 - <http://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>

Evaluation

To assess the impact of the intervention:

- Track attendance via sign in sheet with name and email address
 - Remember to track those who Zoom in as well
- Encourage feedback via a follow-up survey



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask each session.)**
- Anonymously rate your mental alertness on a scale from 0-10. **(Ask each session.)**
- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never
- What is your biggest barrier to positive mental health? (Check all that apply.)
 - Work stress
 - Micromanagement
 - Home stress
 - Busy schedule
 - Coworkers
 - Relationships outside of work
 - Other
- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never



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- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied



Event Structure: *How to Structure Your Town Hall*

PART 1: Welcome and Introductions

Warm welcome by a county commission representative or other high-profile influential community member who also introduces the “why” for hosting a town hall. The person who kicks off the town hall then introduces (and hands off the event to) the moderator.

PART 2: Brief Presentations

Introductions and presentations by subject matter experts on the selected issues with content specific to what each issue looks like in your community.

PART 3: Panel Discussion

Moderated Panel Discussion

Panelist introductions and discussion. Panelists may or may not include the experts who just presented — this depends on how many policymakers attend the event and how you structure the panel discussion. At a minimum, your policymakers should make up the bulk of your panel, as they are the event’s main draw. Guests are there to hear what they have to say!

Moderated Q&A with Audience Participation

The moderator should moderate all questions (both planned and audience), facilitate the “ask” for panelists’ commitment and lead the discussion of next steps needed to advance the work.

PART 4: Positive Event Close

Moderator provides event summary/top level take-aways, and highlights any commitments made during the event.

Think Outside the Box

A traditional, four-point town hall event is an effective way to convey your key message. However, you should not feel limited to holding a traditional town hall. The most important elements to include in your event are:

- A theme that is pertinent to your community
- Relevant speakers who can connect priorities
- Engaging the community in an impactful way
- Educating and engaging elected officials on priority issues.

Information provided by:

<http://www.cafc.ca.gov/townhall/assets/pdf/1EventStructure/Event%20-%20Overview%20and%20Tips.pdf>



LionPulse Session Evaluation

Campus: _____ *Session:* _____

Date: _____ *Time:* _____

1. Was the time of this program convenient for you?
 - a. Yes
 - b. No

2. Was the topic of interest?
 - a. Yes
 - b. No

3. How often would you attend programs?
 - a. Monthly
 - b. Quarterly
 - c. Not at all
 - d. Other _____

4. Based on today's experience, will you encourage your colleagues to attend?
 - a. Yes
 - b. No

5. Will you make changes in your life based on what you learned today?
 - a. Yes
 - b. No

6. What program topics would you like to see in the future?

