

Stress Management

Who should attend?

People who want to regain control of their lives, people who want to feel positive about their work and personal responsibilities again, and people who want to learn techniques to manage their personal stress.

How long is the course?

1 Day

Outcomes include:

Defining common stress factors in all aspects of life. Enabling the learner to recognise and address the different responses as well as our coping mechanisms towards stressful situations. To address the emotional and physical symptoms caused by stress. To develop a stress management programme that will help you to overcome stress obstacles.

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| Lesson 1: | What is stress?
Types of stress
Most common life stressors
The top ten stressors |
| Lesson 2: | Stress response
Fight or flight stress conditioning
Perception and paradigm stress resilience |
| Lesson 3: | Coping mechanisms
Adaptive coping mechanisms
Avoidance coping mechanisms
Cognitive coping mechanisms
The caffeine trap |
| Lesson 4: | Emotional and physical symptoms of stress
Stress and disease |
| Lesson 5: | Positive stress
Recognising and harnessing positive stress |
| Lesson 6: | Develop your stress management programme
The five daily stress beaters
Best practice to beat stress
Simple solutions for everyday stressful niggles
Feel better in ten minutes
De-stress at work
Anger management techniques
Ten steps to personal happiness |