

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.

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

