

# Stress Management training - 1 day –

**This Stress Management training course is for anyone encountering pressure in the working environment and who would like to feel better equipped to handle it.**

Learn how to stand up to stress and how to see it as an opportunity for personal growth and development and not a threat.

## **Stress Management Training Course Objectives:-**

This Stress Management training course is designed to enable delegates to recognize the symptoms of stress and attune themselves to deal with it in a positive manner. Appropriate action can be taken, lessening the risk of the stress encroaching on general health and well-being.

## **Stress Management Training Course Content**

### **What is Stress?**

- The Effect of Stress on Physical Health and Well-being
- How much Stress is too much Stress?
- Where does Stress Come from?
- What are the Common Signs of Stress?
- What Type of People are more prone to Stress?
- What can Management do to Minimize Stress at Work?

### **How Can we Manage Stress Better?**

- Become aware of your stressors, and your emotional and physical reactions to them
- Recognise what you can change
- Reduce your emotional reactions to stress
- Learn to moderate your physical reactions to stress
- Build your physical reserves
- Develop healthy eating habits
- Maintain your emotional reserves

### **Other Strategies for Managing Stress**

- Time Management
- Communicating Effectively
- Relaxation
- Breathing Exercises
- Guided relaxation and visualization techniques
- Progressive muscle relaxation
- Immediate stress reduction
- Meditation
- Relaxation therapy
- Problem solving
- Getting Inner Balance
- Modify your behaviour
- Handle your anger
- Think positively
- Learn to say "No"

**The method: Through discussion and participation, delegates recognize the stress affecting they may be experiencing in their own working environment. Practicing techniques that defuse its potentially debilitating effect, they can then tackle stress from a positive standpoint and are better able to utilize its positive aspects in the workplace.**