

Stress Management

Duration: 1 day

Objectives:

At the end of this stress management training course your participants will be able to:

1. Define Stress and the affect it has on the body
2. Use specific relaxation techniques to overcome stress
3. Follow a model for coping with stress
4. Identify methods of avoiding stress where possible
5. Reduce their own stress by following clear techniques

Contents:

- **Identifying Stress**

Here participants are made aware of the history of stress and its relation to the stressors we are subjected to in the modern environment.

- **How Our Body Responds to Stress**

An activity which explores the physiological and psychology aspects of stress and how this can result in illness and poor lifestyle choices.

- **The Mitchell Method of Relaxation**

A chance to practice a scripted, positive method of relaxation.

- **Stress Coping Model**

A clear model, which highlights the process stress follows and the methods we can use to interrupt this process and so cope better.

- **Daily Hassles**

Identifying that it is often the daily hassles that result in stress. Highlighting typical daily hassles and reviewing several methods of overcoming or avoiding them.

- **Life Events**

Exploring major life events, the transitional aspect, how they can be positive and how our perception of the situation can alter our experience.

- **Positive Self-Talk**

Understanding self-talk and moving away from the negative self-talk cycle and turning it into a positive self-talk cycle.

- **Prioritising to Reduce Stress**

Identifying and then balancing conflicting demands and learning to appreciate what is important.

- **Stability Zones**

Establishing what our own stability zones are and how we can best use them to help us reduce stress.

- **The Wheel of Strife**

A useful tool for making us more aware of the stressors in our life so that we can adopt techniques to overcome them.

- **Supporting Networks**

Looking at the people who currently provide support and help us reduce stress and working on methods of positively nurturing these relationships.

- **All Stressed Out**

A Fun way to review the material using 'negative review' methods.

- **The Benson Method**

A final, simple, but effective method of relaxation to leave the participants feeling refreshed after the session.