

Stress Management Course Summary

Description

Stress has become America's #1 pre-occupation. Working Americans increasingly blame their difficulties on too much stress - at work and at home. We're "stressed out" or "stressed to the max". Many complain, "I just can't take the stress anymore." Are all these people crazy or are we really under more pressure today than we were 10 or 20 years ago? Whatever the answer, more and more of us are losing the battle with stress. We're experiencing a great deal of physical and emotional symptoms which are caused by 1) too much stress and 2) not managing our lives in ways which reduce the impact of stress.

The purpose of this course is to help individuals understand what stress is, what causes the most stress, and how to handle life's pressures better. Participants will learn practical stress management techniques which they can start using immediately. Using a combination of mini-lectures, small group discussions, and hands-on exercises, the trainer will engage participants in a practical and meaningful learning experience.

Objectives

At the end of this course, students will be able to:

- Understand stress - its causes and symptoms
- Discover what they can control & how to take charge of their lives
- Understand the 10 best ways to handle stress
- Learn practical techniques to manage stress day-to-day
- Make a commitment to changing at least one behavior which will help them reduce the impact of stress on their lives

Audience

This course is designed for anyone who wants to learn how to deal with stress in the workplace.

Prerequisites

There are no prerequisites required for this class.

Duration

One day

Stress Management

Course Outline

- I. Introduction**
- II. Defining Stress and Its Effects**
 - A. Good and Bad Stress
 - B. Physical, Psychological, and Social Effects
 - C. Symptoms
- III. 5 Keys to Managing Stress**
 - A. Understanding Yourself - Desires, Goals, Needs, Direction
 - B. Identifying and Managing Incoming Stressors
 - C. Controlling or Managing Your Responses
 - D. Finding Ways to Achieve (or Maintain) Balance
 - E. Making a Commitment to Behavior Change
- IV. Understanding Yourself**
 - A. Stress Quiz Results
 - B. What you want out of life - goals
 - C. Identifying and Managing Incoming Stressors
 - D. The concept of stressors
 - E. Identifying your stressors (internal, external)
 - F. Clearly defining your stressors (the real source)
 - G. Identifying what we have influence or control over
 - H. Controlling or Managing Your Responses
 - I. Current coping mechanisms or skills - positive and negative (Coping Test)
 - J. The role of the mind and your attitude in response to stress
 - K. 10 Best Ways to Handle Stress:
 - 1. Exercise Diet & Nutrition
 - 2. Positive Mental Attitude
 - 3. Healthy Activities• Relax, Meditate, Pray Breathe
 - 4. Eliminate Addictions
 - 5. Positive Relationships
 - 6. Manage Life & Time
 - 7. Laugh
- V. Finding Ways to Achieve (or Maintain) Balance**
 - A. Balancing mind-body-spirit-emotions
 - B. Concept of wellness and healthy self-management
 - C. Taking responsibility for your life choices
- VI. Learning Practical Techniques for Managing Stress Day-to-Day**
 - A. Self-Talk - Challenging the negative things you say to yourself
 - B. Encouraging positive messages
 - C. Deep Relaxation - Taking time to truly relax your mind and body
 - D. Dealing with stress "on the spot"
- VII. Making a Commitment to Behavior Change**
 - A. Identifying the behaviors you want to change
 - B. Selecting one behavior you'll commit to change
 - C. Writing achievable objectives (measurable steps to the behavior change)
 - D. Building in positive reinforcement
 - E. Finding and enlisting a partner to ensure success
 - F. Documenting the steps and results