

Conquering Stress and Anxiety through Mind/Body Awareness

Course Summary

Description

The challenges of the modern work environment – changing priorities, heavy workloads, working with difficult people and situations – frequently result in stress, anxiety and loss of productivity. At this workshop you'll discover time-tested techniques to develop integrated mind/body awareness to reduce your stress and increase energy, resilience and the confidence to deal with difficult situations. The course is practical, interactive and fun.

Objectives

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

- Apply techniques for handling stress effectively
- Identify how to harness your body's natural intelligence
- Identify strategies for dealing with difficult people/situations with ease and confidence
- Apply techniques for increasing your energy level
- Develop a personal action plan for maintaining your physical and mental well-being
- Develop creative solutions to short- and long-term challenges

Topics

- Biomechanics
- The mind/body relationship
- Leadership
- Personal action plans

Audience

Anyone at any level in the organization who wishes to find creative solutions to short- and long-term challenges and pressures in the workplace, and who wishes to become more resilient, focused and resourceful. This workshop is an excellent follow-up to courses such as Dealing with Difficult People, Assertiveness and Conflict Resolution and Stress Management, and to management and leadership training.

Prerequisites

There are no prerequisites required for this course.

Duration

One day

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Course Outline

I. Biomechanics

- A. Gain an understanding of the body and how it supports both everyday activities and the mental clarity needed for critical thinking and decision-making. Special attention is given to the effects of breathing, and to the interaction of major muscle chains. You will learn hands-on methods for deepening breathing and moving in a more relaxed manner.

II. The mind/body relationship

- A. The body has perfect recall, and always moves towards a state of balance—both physical and emotional—by naturally countering any action with its opposite and equal force; this is called opposing tension. You will be introduced to the law of opposing tension and how it relates to states of mind so that you can better gauge how to act in any situation, as well as how to better plan for how you might be received by others.

III. Leadership

- A. Looking at individuals' personal movement patterns, we work on letting go of unconscious "shadow movements". By having more decisive control of our physical actions and awareness of their effects, we also develop qualities often associated with charismatic leaders, such as confidence, gracefulness and a dynamic personal presence.

IV. Personal action plans

- A. To help you apply what you have learned in your daily life, recommended regimens will be given based on the needs and goals of the workshop participants. These regimens can include Qigong, yoga (especially pranayoga), shiatsu makkahos, and anti-gymnastics, as well as exercises that can be done while preparing for a meeting or sitting at a desk.