

Gearing You For Growth

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

Stress Management

Course Overview

In this course you learn to understand stress and develop coping mechanisms and positive life changes to experience health and happiness on a continual basis.

Delegates will explore the many aspects of stress and give practical solutions and plans of actions in work and personal scenarios.

Target Audience

This course is for delegates who would like to know how to manage stress in the working environment and everyday life.

Prerequisites

There are no prerequisites for this course.

Duration

- 1 Day



Course Outline

Module 1: Understanding stress

- The effects of stress on emotional health.
- Recognizing stress.
- Testing your stress level.
- Identifying behavior patterns.
- The three stages of stress.
- Identifying the symptoms of stress.
- The effect of stress on the physical self.
- Keeping the adrenaline in check.
- Examining workplace stress.
- Understanding occupational burnout.
- Finding the "right" amount of stress.

Module 2: Taking responsibility for your own stress

- Identifying the stress in your life.
- Coping with stress.
- Alleviating stress at work.
- Expressing your feelings.
- Using stress releases and safety valves.

Module 3: Reducing stress through biofeedback, mindfulness, and meditation

- Understanding biofeedback.
- Developing mindfulness.
- Practicing meditation.

Module 4: Improving relationships with self and others

- Accepting yourself as a unique individual.
- Sorting realistic from unrealistic expectations.
- Assessing your strengths.
- Acknowledging universal human needs.
- Building better relationships.
- Recognizing negative relationship patterns.

Module 5: Enhancing your emotional health

- Understanding emotional maturity.
- Expressing emotions appropriately.
- Exploring your own emotional fitness.
- Building self-confidence.
- Solving problems openly.
- Ten tips for maintaining emotional fitness.
- Setting personal goals.
- Reviewing your personal goals.