

Stress Management

Course Description – 6-hour version

The Stress Management workshop presents strategies that enable participants to manage occupational and personal stress. This course provides information about positive and negative stress, and enables the participants to identify personal sources of stress. Participants learn about lifestyle management techniques that affect sleep, health, energy and mental alertness. Methods and techniques will be presented to help participants handle both job and personal stress. Individual action plans will be developed to improve participant's ability to manage their stress.

Stress is a part of life and is inevitable within all organizations, all occupations, and all activities in which one participates. This course emphasizes stress management strategies that enable participants to gain control of stress-related situations in their life.

The workshop includes a personalized stress assessment instrument and other exercises to enable development of a stress management plan.

Course Objectives

In this training program, participants will:

- Define stress, its positive and negative impact on health and work
- Identify sources of stress
- Receive a mini-massage
- Develop personal strategies for coping with stress
- Understand personality modification
- Understand relationship stress management
- Develop a personalized stress management plan based on your individual needs



This workshop is also available in a four-hour format and is designed for all levels of participants.