

BM-SMGT

STRESS MANAGEMENT

DURATION	LEVEL	TECHNOLOGY	DELIVERY METHOD	TRAINING CREDITS
1 Day	Business Introduction	Management Soft Skills	VILT & ILT	NA

INTRODUCTION

Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood. Many people feel the demands of the workplace, combined with the demands of home, have become too much to handle. This one-day workshop explores the causes of such stress and suggests general and specific stress management strategies that people can use every day.

This one-day workshop will teach participants how to:

- Understand that stress is an unavoidable part of everybody's life
- Recognize the symptoms that tell you when you have chronic stress overload
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Create an action plan for work, home, and play to help reduce and manage stress

AUDIENCE PROFILE

This course is intended for people who struggle with stress whether business related or personally, this course can help with techniques on how to best deal with stress.

PREREQUISITES

There are no prerequisites for this course as it is for anyone who could do with stress management techniques. A good understanding of English will count in your favour.

COURSE OBJECTIVES

- Defining stress and how it affects us
- What is stress about?
- Building a solid foundation
- Mental strategies
- Stress at work
- Time management tips
- Stress at home
- Drainers and fillers

COURSE CONTENT

Lesson 1: Course Overview

- Learning Objectives

Lesson 2: Defining Stress & How it Affects Us

- Exploring What Stress is and The Effects it can Have.
- Identifying Stressors

Lesson 3: What is Stress About?

- Explore Some of the Things Related to Stress
- The Positive Effects of Stress and What Eustress is

Lesson 4: Building a Solid Foundation

- The Four Pillars of Stress Management
- Special Focus Will Be Given to Relaxation Techniques

Lesson 5: Mental Strategies

- Two Mental Strategies to Manage stress
- Participants will also Learn about the Triple A Approach: Alter, Avoid, and Accept

Lesson 6: Stress at Work

- Participants Will Complete a Stress Inventory to Help Them Identify Areas of Stress at Work
- Identify Some Solutions for Work-Related Stress

Lesson 7: Time Management Tips

- Participants Will Work in Small Groups to

Brainstorm Ways of Managing Time

Lesson 8: Stress at Home

- Participants Will Get Some Tips on Running Their Household in a Way That Reduces Stress, Including Budgeting, Planning Meals, General Organization, and Chores

Lesson 9: Drainers and Fillers

- To Wrap Things Up, Participants Will Identify the Things That Drain and Energize Them

ASSOCIATED CERTIFICATIONS & EXAM

There is no exam associated with this course.