



# Stress Management

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## Description of Course

The word 'stress' is used to describe the physical and/or emotional response to the demands and pressures that modern living means we come under from time to time.

Stress can be a positive thing, which drives us on and helps us to grow, develop and be stimulated. However, when stress reaches a certain level, it can overcome a person's ability to cope and can impact on their physical and mental health. This **stress management** training course has been developed to help the participants identify the causes and effects of stress and to assist them in developing the skills required to manage stress in their own life.

The focus is on the positive things that they can do to make changes in their life which will reduce the impact that "bad" stress places on them.

## Course Objectives

By the end of this course delegates will be able to:

- Define stress and the affect it has on the body
- Use specific relaxation techniques to overcome stress
- Follow a model for coping with stress
- Identify methods of avoiding stress where possible
- Reduce their own stress by following clear techniques

## Duration of Course

1 day

# Course Outline

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**Identifying Stress** - The history of stress and its relation to the stressors we are subjected to in the modern environment.

**How our Body Responds to Stress** - An activity which explores the physiological and psychology aspects of stress and how this can result in illness and poor lifestyle choices.

**The Mitchell Method of Relaxation** - A chance to practice a scripted, positive method of relaxation.

**Stress Coping Model** - A clear model which highlights the process that stress follows and the methods we can use to interrupt this process and consequently cope better.

**Daily Hassles** - Identifying that it is often the daily hassles that result in stress. Highlighting typical daily hassles and reviewing several methods of overcoming or avoiding them.

**Life Events** - Exploring the transitional aspects of major life events, how they can be positive and how our perception of the situation can alter our experience.

**Positive Self Talk** - Understanding self-talk, moving away from the negative self-talk cycle and turning it into a positive self-talk cycle.

**Prioritising to Reduce Stress** - Identifying and then balancing conflicting demands. Learning to appreciate what is important.

**Stability Zones** - Recognising our own stability zones and how we can best use them to help us reduce stress.

**The Wheel of Strife** - A tool to raise awareness of the stressors in our life so that we can adopt techniques to overcome them.

**Supporting Networks** – The importance of people who provide support and help us reduce stress. Looking at methods to positively nurture these relationships.

**The Benson Method** - A simple and effective relaxation technique.