

Course Outline | Stress Management

1 day(s)

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 help you 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

Course Outline

Defining Stress and How It Affects Us

- Where Are You Now?
- Defining and Identifying Stress
- Ways to Look at Your Stress

What is Stress About?

- How it shows up

Building a Solid Foundation

- Taking Care of Your Body and Your Mind
- Case Study
- The "Less Stress" Lessons

Mental Strategies

- Changing Ourselves
- The Triple A Approach

Stress at Work

- The Stress Tax
- Stress Inventory
- Finding Some Solutions
- Stress Logging

Time Management Tips

- Manage your time to reduce your stress

Stress at Home

- Budgeting Basics
- The Everyday Stuff
- Organization Tips
- Session Nine: Drainers and Fillers
- Personal Action Plan