



STRESS MANAGEMENT

Course Template

Outcome:

Participants will be better able to handle stress in their work and personal lives, by lessening the impact of stressors, increasing their resistance to 'negative' stress, and developing skills in areas that impact on their stress levels.

Target Audience:

Employees, including managers and supervisors, whose stress levels are having an undesirable impact on their work effectiveness and self-confidence (ideally 12-16 participants)

Duration:

One day

Objectives:

On completion of the training, participants will be able to:

- identify the key stressors in their work and personal lives, and how they typically deal with those stressors
- evaluate the effects of stress on their physical, emotional and mental health
- implement strategies that will help them to deal more effectively with the key stressors in their work and personal lives
- lessen the degree of negative self-talk and irrational beliefs that are affecting their stress levels
- improve their skills or behaviours in areas that influence their stress levels

Key Content:

- What is stress? Is it always bad?
- Your reactions to stress, and how it affects you
- Stress: How we interact with the environment
- Stress self-appraisal questionnaire
- Four Key Links
 - 1: Stress and time management
 - 2: Stress and assertiveness
 - 3: Stress and negative self-talk/irrational beliefs
 - 4: Stress and lifestyle
- Action Plan

Comments by Participants:

- *A most interesting and rewarding day*
- *Good practical skills*
- *Good presenter – good opportunity for information exchange*
- *Very informative – easy to listen to*
- *All sessions gave good examples and made you think*
- *Facilitator good – very knowledgeable; content good/relevant*