

Stress Management Training

LENGTH: 1 day

PURPOSE: Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This workshop will give participants methods for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system

LEARNING OUTCOMES:

- Learn what lifestyle elements can be changed to reduce stress
- Use routines to reduce stress
- Learn environmental & physical relaxation techniques
- Learn how to cope with major events
- Learn how to use a stress log to identify stressors & create a plan to reduce or eliminate them

Course Outline

Understanding Stress

- What is Stress?
- Understanding the 'Triple A' approach

- Finding a sanctuary
- Using music
- Seeing the humor

Creating a Stress-Reducing Lifestyle

- Eating properly
- Exercising regularly
- Sleeping well

Physical Relaxation Techniques

- Soothing stretches
- Deep breathing
- Tensing and relaxing
- Medication

Altering the Situation

- The First 'A'
- Identifying appropriate situations
- Creating effective actions

Coping with Major Events

- Establishing a support system
 - Creating a plan
 - Knowing when to seek help
- Our Challenge to You

Avoiding the Situation

- The Second 'A'
- Identifying appropriate situations
- Creating effective actions

Accepting the Situation

- The Third 'A'
- Identifying appropriate situations
- Creating effective actions

Using Routines to Reduce Stress

- Planning meals
- Organizing chores
- Using a To-Do list

Environmental Relaxation Techniques
