

# Stress Management



## Overview:

This one-day workshop explores the symptoms of stress and the harmful long-term effects of stress on our mental and physical health. Strategies may include changes in lifestyle, stress management techniques such as relaxation and exercise, and the use of music or humour as coping strategies.



## Benefits of completing this course:

- Reduced negative organisational stress
- Increased individual productivity
- Improved decision making
- Improved work-life balance
- Develop and maintain resilience



## Audience:

Anyone who works in a stressful environment and finds stress is impacting on their performance.



## Learning Outcomes:

- Learn to recognise the signs and sources of stress
- Develop stress management techniques for yourself and others
- Learn to monitor and address stress levels



## Delivery:

Workshop



## Course duration:

1 day



## Certificate:

Certificate of Attendance



## Competencies:

- Managing emotions
- Resilience
- Problem solving
- Managing conflict
- Mindfulness

### Delivery Options



Public Schedule



Live-Online



Group Training



In-house

### To book this course:

Call: **1300-2GO-CTS**

Web: [www.ctstraining.com.au](http://www.ctstraining.com.au)

Email: [info@ctstraining.com.au](mailto:info@ctstraining.com.au)

## Stress Management

### Topics covered ...



#### Learning Outcomes

- Recognise the signs of stress
- Understand that stress is a positive, unavoidable part of everybody's life.
- Identify the symptoms of chronic stress overload.
- Identify how lifestyle choices can contribute to stress and how we can work toward making different choices.
- Develop techniques to help manage stress right now
- Begin planning long-term protection against the cumulative affects of stress.

#### Using Routines to Reduce Stress

- Organising tasks and commitments
- Using To-Do Lists

#### Stress Management Strategies

- 3 Strategies for stress management
- Taking care of your body and mind
- Relaxation techniques
- Practice mindfulness techniques

#### How Does Stress Affect Us

- Impacts of stress on the body
- Impacts of stress on our minds

#### Determining your Stress Level

- Using charts and scales to assess stress levels
- Stress symptoms
- Holmes Rahe Stress Rating
- Stress Resistance
- Exhaustion
- Burnout Test

#### Stress and Time

- The impact of stress on time management and vice versa

#### Managing Stress

- Stress Factors
- Personality
- Work Culture
- Support
- Knowing your stress barometer

#### Stress and Gender

- Who is affected most?
- How age, gender, attitude and occupation factor into stress and reactions to stress

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