

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:



Course duration:

1 day



Certificate:

Certificate of Attendance



Competencies:

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





To book this course:

Call: 1300-2GO-CTS
Web: www.ctstraining.com.au
Email: 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.

How Does Stress Affect Us

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

Detemining 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

Using Routines to Reduce Stress

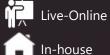
- Organising tasks and commitments
- Using To-Do Lists

Stress Management Strategies

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

Delivery Options





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