

Stress Management

"You can't always control what goes on outside, but you can always control what goes on inside." Wayne Dyer

Positive and negative stress is a constant influence on all of our lives. The trick is to maximise the positive stress and to minimise the negative stress. Through this course, participants will be shown how stress can be positive and negative, and we'll look at the Triple A approach that will form the basis of this workshop.

The Stress Management workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system. They will also understand what lifestyle elements they can change to reduce stress.



Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Understand triggers for stress.
2. Understand the value of positive stress.
3. Learn basic skills for managing stress in your professional and personal life.
4. To build a balance between mind, body and environment in your life for the long term.

WHO IS THIS FOR?

This course is suited for everyone in any organisation!

COURSE CONTENT

1. Understanding stress. What is stress? Understanding the Triple A approach.
2. Creating a stress-reducing lifestyle; nutrition, exercise and sleep.
3. Altering the situation; identifying appropriate situations, creating effective actions.
4. Avoiding the situation; identifying appropriate situations, creating effective actions.
5. Accepting the situation; identifying approaching solutions, creating effective actions.
6. Using routines to reduce stress.
7. Environment relaxation techniques.
8. Physical relaxation techniques.
9. Coping with major events; establishing a supporting system, creating a plan, knowing when to seek help.
10. Our challenge to you; practical application to make the difference in your life.

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