



PROFESSIONAL  
DEVELOPMENT  
TRAINING

# Stress Management Training

 09 884 0762

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 1.0 DAY COURSE

There are numerous causes of stress in our lives; many of which cannot be avoided or removed. The short-term goal of this course is to learn to reduce stress wherever possible with a long-term goal of increasing your ability to better manage yourself in stressful situations.

The PD Training Stress Management Training Course teaches you key skills and techniques like how to manage stress when it occurs, implementing relaxation techniques, identifying and avoiding stressful situations, coping with setbacks, accepting situations and altering circumstances and more. Effective stress management leads to better health, greater productivity and ultimately a better quality of life.

This powerful training course is available now throughout New Zealand, including Auckland, Wellington and Christchurch.

Contact us today for a group quote.

## What You'll Gain:

Positive and negative stress are a constant influence on all of our lives. The trick is to maximise the positive stress and to minimise the negative stress. Sounds simple but it often takes thought, awareness and practice to make a difference.

This workshop teaches participants how to slow down and apply techniques like the three-option method for addressing any stressful situation (Altering, Avoiding and Accepting), as well as providing a toolbox of personal skills, including using routines, relaxation techniques, the use of planning and lists, implementing a stress log system and more.



## Outcomes

After completing this course participants will be able to:

- Master the three "A's" of a stressful situation: Alter, Avoid, Accept
- Learn what lifestyle elements can be changed to reduce stress
- Use routines to reduce stress
- Create plans and To-Do lists
- 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

## Modules

### Lesson 1: Getting Started

- Pre-Assignment Review
- Workshop Objectives

### Lesson 2: Understanding Stress

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

### Lesson 3: Creating a Stress-Reducing Lifestyle

- Eating properly
- Exercising regularly
- Sleeping well

### Lesson 4: Altering the Situation

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

### Lesson 5: Avoiding the Situation

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

### Lesson 6: Accepting the Situation

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

### Lesson 7: Using Routines to Reduce Stress

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

### Lesson 8: Environmental Relaxation Techniques

- Finding a sanctuary
- Using music
- Seeing the humour



### **Lesson 9: Physical Relaxation Techniques**

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

### **Lesson 11: Our Challenge to You**

- Creating a stress log
- Week One: recording events
- Week Two: identifying stressors and creating a plan
- Week Three: creating new habits
- Reviewing and evaluating

### **Lesson 10: Coping with Major Events**

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

### **Lesson 12: Wrapping Up**

- Words from the Wise
- Action Plans

**Talk to our expert team**

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