PROFESSIONAL DEVELOPMENT TRAINING

Stress Management Training

09 884 0762

REQUEST QUOTE

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

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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 10: Coping with Major Events
- Establishing a support system
- Creating a plan
- Knowing when to seek help

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 12: Wrapping Up

- Words from the Wise
- Action Plans

Talk to our expert team

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