PROFESSIONAL DEVELOPMENT TRAINING

Stress Management Training

REQUEST QUOTE

1.0 DAY COURSE

Learn the various tools and techniques to effectively manage stress and avoid its potential negative effects on your personal and emotional health by attending PD Training's Stress Management Training course.

After completing this Stress Management Training Course, you will have learned: the three "A's" of a stressful situation (Alter, Avoid & Accept), environmental & physical relaxation techniques, how to cope with major events or changes, routines and lifestyle changes to reduce stress and much more.

This comprehensive training course is available across the U.S., including Atlanta, Austin, Baltimore, Birmingham, Boston, Charlotte, Chicago, Dallas, Houston, Jackson, Los Angeles, Manhattan, Miami, New York, Orlando, Philadelphia, San Antonio and Seattle.

What You'll Gain:

Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This 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.

Outcomes

By the end of this course, participants will:

- 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
- 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 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

Phone:

Email: