

Stress Management

The Stress Management workshop aims to equip participants to understand what stress is, how it impacts them and how best to reduce and manage their stress levels to improve their quality of life and their performance at the workplace. This in a pleasant, practical and experience oriented way.

Through theory and practical exercises participants will be more conscious and more understanding about stress and its effects, for themselves and for their colleagues.

Duration

1 day

Public

Every confronted person by evolving in stressful professional situations

Objectives

- Understand what stress is and how it impacts their lives
- Identify and assess their stress levels
- Implement coping methods to deal with their stress
- Identify circumstances beyond their control
- Achieve work-life balance
- Combat stress
- Know how to relax more/better

Program

- Understanding stress and its potential impact
 - What is stress?
 - What does it look like?
 - How does it feel?
 - Where do you experience it?
 - Which effect does it have?
 - Symptoms of stress (physical, mental, behavioural, cognitive)
 - The 3 levels of stress
 - Impact of stress
 - Through exercises participants will be more conscious and more understanding about stress and its effects, for themselves and their colleagues

- Establishing your stresslevels
- Stresscontrol
 - Stress response
 - Develop confidence to handle any situation
 - ABC-strategy
- Avoid unnecessary stress
- Alter the situation
- Taking action to combat stress
- Accept the things you can't change
- Stress Management Techniques
 - Skills include learning how to relax, reducing stress through deep breathing and muscle relaxation
- Change your lifestyle
- Personal action plan

Methodology

By repeating the physical exercises we make an imprint of the exercises and the effects. This way the participants will be able to repeat these techniques or recall the effects directly in stress moments.