



t: 01273 622272 e: info@siliconbeachtraining.co.uk w: www.siliconbeachtraining.co.uk

**silicon
beach**
TRAINING

Stress Management

Duration: 2 days

Prerequisites

There are no prerequisites for this course

This Stress Management training course is for anyone encountering pressure in the working environment and who would like to feel better equipped to handle it.

Learn how to stand up to stress and how to see it as an opportunity for personal growth and development and not a threat.

Objectives

This Stress Management training course is designed to enable delegates to recognise the symptoms of stress and attune themselves to deal with it in a positive manner. Appropriate action can be taken, lessening the risk of the stress encroaching on general health and well-being.

Course Content

The method

Through discussion and participation, delegates recognise the stress affecting they may be experiencing in their own working environment. Practising techniques that defuse its potentially debilitating effect, they can then tackle stress from a positive standpoint and are better able to utilise its positive aspects in the workplace.

What is Stress?

- The Effect of Stress on Physical Health and Well-being
- How much Stress is too much Stress?
- Where does Stress Come from?
- What are the Common Signs of Stress?
- What Type of People are more Prone to Stress?
- What can Management do to Minimise Stress at Work?

How Can we Manage Stress Better?

- Become aware of your stressors, and your emotional and physical reactions to them
- Recognise what you can change
- Reduce your emotional reactions to stress
- Learn to moderate your physical reactions to stress
- Build your physical reserves
- Develop healthy eating habits
- Maintain your emotional reserves

continued...

Follow Us



Related Courses

Communication Skills: 1 day

Active Listening Skills: 1 day

Assertiveness & Confidence Building: 2 days

Time Management: 1 day

Links

feeds.feedburner.com/sbtblog/
facebook.com/SiliconBeach
twitter.com/sbttraining



t: 01273 622272 e: info@siliconbeachtraining.co.uk w: www.siliconbeachtraining.co.uk

**silicon
beach**
TRAINING

Stress Management (continued)

Duration: 2 days

Prerequisites

There are no prerequisites for this course

Other Strategies for Managing Stress

- Time Management
- Communicating Effectively
- Relaxation
- Breathing Exercises
- Guided relaxation and visualisation techniques
- Progressive muscle relaxation
- Immediate stress reduction
- Meditation
- Relaxation therapy
- Problem solving
- Getting Inner Balance
- Modify your behaviour
- Handle your anger
- Think positively
- Learn to say "No"

Follow Us



Related Courses

Communication Skills: 1 day

Active Listening Skills: 1 day

Assertiveness & Confidence Building: 2 days

Time Management: 1 day

Links

feeds.feedburner.com/sbtblog/
facebook.com/SiliconBeach
twitter.com/sbttraining