

## Stress Management Training

### Objective

### Details

**Duration:** 1 Day

### Who is this course for

This course is suited to those who have trouble dealing with stress. Designed for managers, directors or employees.

### Course Content

#### 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

## 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”

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