

Stress Management

half-day
management
master class



- ▷ Understand the symptoms caused by stress
- ▷ Identify the four types of 'faulty thinking' that makes stress more likely
- ▷ Master techniques for relaxation and stress release

This fast paced, interactive half-day programme gives participants the knowledge and skills needed to cope with the pressures of the modern work environment.



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Overview

Many people find that they have to contend with the pressures generated by a fast moving and highly competitive work environment. Without access to the appropriate tools and techniques this 'pressure' can lead to symptoms of stress being experienced. These symptoms can negatively affect the quality of a person's life and lower their productivity at work. Thus a vital skill in the modern age is to be able to manage stress levels and maintain a sense of balance, and tools for achieving this will be reviewed on the course in a positive and supportive manner.

Learning objectives

By attending this highly interactive and practical course you will:

- ▷ **Appreciate why stress occurs**
- ▷ **Understand the positive aspects of stress**
- ▷ **Master a 'thought process' for avoiding stressful situations**
- ▷ **Discover the value of relationships in stress management**
- ▷ **Learn an elegant method for staying calm**

Who should attend?

Anyone who wishes to be able to manage his or her own potential stress levels.



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Workshop content

The principles of effective stress management

- Understanding the underlying causes of stress and the major concepts for addressing it.
 - ▷ Understanding the causes of stress and the symptoms it can generate
 - ▷ Making a distinction between 'stress' and 'pressure'
 - ▷ The role of the fight/flight syndrome
 - ▷ Approaches to stress management

▶ **Group exercise: understanding stress symptoms**



Counter Thinking

- Explaining how thought processes can cause stress to occur and how changing those thought processes could be part of the solution.
 - ▷ Four types of 'faulty thinking' and the fight/flight syndrome
 - ▷ Rational thinking
 - ▷ Counter thinking technique

▶ **Pairs exercise: practising the counter thinking technique**



Supportive relationships

- A problem shared is a problem halved and having the 'right' network of friends, associates and advisors can make a profound difference to a personal ability to cope with stressful situations.
 - ▷ Why relationships matter
 - ▷ Accepting the need for support and recognition
 - ▷ The rule of five

▶ **Pairs exercise: designing a support network**



Workshop content

State Management



How people can control their emotional and physical state through the use of 'self control' techniques and so 'release' any sense of pressure they may feel.

- ▷ Key word meditation
- ▷ Self hypnosis

▶ **Exercise: practising self-hypnosis**



Feedback

Feedback is based upon peer review using BMC assessment checklists. Completing the BMC assessment checklists is not only valuable to the people involved in a given role play or case study, it also helps those completing them to gain an in-depth understanding of the building blocks that make up effective stress management.

Contact

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