

STRESS MANAGEMENT



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ABOUT THE COURSE

More and more people are encountering stress, overwork, and the pressure of time constraints in their lives. Some stress is actually good for you because it inspires you to meet life's challenges. Too much ongoing stress causes an almost continuous activation of your body's stress-response system. The overexposure to cortisol and other stress hormones can increase your risk of obesity, insomnia, digestive problems, heart disease, depression, memory impairment, and physical illness. It is important to recognize when we are in DISTRESS. This 1-day workshop will provide practical tips and techniques to help you achieve better results and health through the effective management of distress.

UNDERSTANDING STRESS

- What is Stress?
- What makes something stressful
- Four Types of Stress
- Not all Stress is Bad
- What is Eustress

CATEGORIES OF STRESS

- Time stress
- Anticipatory stress
- Situational stress
- Encounter stress

GENERAL ADAPTATION SYNDROME

- Three Stages

STRESS SYMPTOMS

- Short Term
- Long Term
- Behavioral

COPING WITH MAJOR EVENTS

- Establishing a Support System
- Creating a Plan
- Knowing When to Seek Help

CREATING A STRESS-REDUCING LIFESTYLE

- Planning meals and Eating Properly
- Exercising Regularly
- Sleeping Well
- Organizing Events
- Using a Not-to-do list



ENVIRONMENTAL RELAXATION TECHNIQUES

- Finding a Sanctuary
- Using Music
- Seeing the Humor

PHYSICAL RELAXATION TECHNIQUES

- Soothing Stretches
- Deep Breathing
- Tensing and Relaxing
- Meditation

A CHALLENGE FOR YOU

- Creating a Stress Log
- Week One: Recording Events
- Week Two: Identifying Stressors and Creating a Plan
- Week Three: Creating New Habits

