



Overview:

This program helps you to understand the causes of stress and how it affects at different levels of your personality. If you are experiencing stress and anxiety, here are some powerful stress management resources to help you.

The Benefits Are:

- Reduces harmful stress levels
- Improves physical and physiological health
- Improves coping skills
- Improves relationships
- Enables you to feel more energized
- Encourages a Positive Attitude

Develops the ability to perceive events from different points of view

Training Topics:

- **Understanding Stress:**
 - What is Stress?
 - Types of Stress
 - Symptoms of work stress
 - Causes of Harmful Work Stress
 - Exercise: Personality and Stress Questionnaire
 - The Power of Perception
 - Reaction to Stress
- **Managing Stress:**
 - Fight or flight
 - Skills to manage stress
 - Stress management:
 - Action oriented skills
 - Emotion oriented skills
 - Acceptance oriented skills

Stress Management Training



- **Stress Management Techniques:**
 - **Action-oriented skills:**
 - Job Oriented Analysis
 - Stress Diet
 - Physical Exercise
 - **Emotion-oriented skills:**
 - Positive Attitude
 - Imagery
 - **Acceptance-oriented skills:**
 - The Power of R & R (Rest and Relaxation)
 - Physical Relaxation Techniques
 - Thought Awareness

- **Tips on Handling Stress**

Training Hours:

The duration of the training program will be 8 hours.