

MMM Training Solutions
Stress Management Training



Contact Details

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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.

Benefits:

- 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:

Introduction:

- What is Stress?
- Types of Stress
- Symptoms of work stress
- Causes of Harmful Work Stress
- Personality and Stress Questionnaire
- The Power of Perception
- Reaction to Stress
- Managing Stress
- **Ways to improve your attitude:**
 - Employ the 'Flip Side' technique.
 - Play your winners
 - Simplify! Simplify



- Insulate! Insulate!
- Give your positive attitude to others
- Look better to yourself
- Accept the physical connection
- Clarify your mission

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

Training Hours:

The duration of the training program will be 8 hours.

Training Methodology:

- PowerPoint Presentation
- Role Plays
- Games and Group Activities
- Case Studies



Resources Required:

- MMM Training Solutions will conduct the training.
- Maximum number of participants to a class will be 15.
- The training will be conducted at a venue organized by client.
- The following will be provided by the client:
 - Handouts will be printed/photocopied
 - The LCD projector & computer with CD and DVD drive
 - Folders/files for trainees to store their information/feedback
 - Audio speakers
 - Pens and notepads for trainees