

STRESS MANAGEMENT

S. No.	Module	Training Objective	Focus Areas	Method(s) of Instruction	Duration - Breakup	Total Duration
1	Welcome	To give participants an overview of the Training Program; allow participants to set ground rules during training and formulate collective training objectives.		Instructor-led PowerPoint including open-ended questions for eliciting objectives	30 min.	30 min.
2	Introduction to Stress Management	To enable participants understand what stress is and recognize how it could affect their personal and professional lives.	What is Stress? Types of Stress Symptoms of Work Stress	Team Think Activity: Stress Situations Activity: Arithmetic Test ILT	45 min. (team think activity) + 10 min. (arithmetic test) + 20 min. (instruction)	75 min.
3	Stress and Self	To enable participants identify the physiological impact of stress; become aware of common stress indicators and stress-related diseases; gain awareness into their optimum level of stress; and also identify situations that	Stress and the Human Body Understanding Optimal Stress Levels Recognizing and Dealing with Personal Areas of Stress	Exercise: Questionnaire on Personal Areas of Stress ILT	45 min. (questionnaire) + 45 min. (instruction)	90 min.
4	Managing Stress	To enable participants adopt various stress-reduction strategies to alleviate stress and hence manage stress better in their lives.	The Role of Perceptions in Stress Fight or Flight Stress & Diets Role of Exercise Tips To Manage Stress	Activity: The Role of Perceptions Brainstorming: Fight or Flight	10 min. (activity) + 20 min. (brainstorming) + 30 min. (instruction)	60 min.
5	Stress and Attitude	To enable participants understand how mindset and attitudes have an impact on stress, and equip participants with various steps and techniques to build and continue having a positive attitude.	How Attitude Impacts Stress? Steps To Build a Positive Attitude Techniques To Build a Positive Attitude	Activity: The Flip-side Technique Play Your Winners Simplify Insulate Role-play Movie Clip ILT	60 min. (activities) + 60 min. (role play) + 20 min. (movie clip) + 30 min. (instruction)	170 min.