



## Training Topics:

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- **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 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



# Stress Management Training



MMM Training Solutions  
*Seamless Transformation*

## **List of Activities:**

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Exercise: Stress & Personality Types - Questionnaire

## **Training Hours:**

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The duration of the training program will be 8 hours