

# Stress Management

## 1 Day Highly Interactive Workshop

### Workshop Title & Overview:

Stress management requires more than helpful tips. Changing economic times have us pulled in multiple directions. The pressures and demands between work and personal life are blurred. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job.

Through highly interactive learning, participants apply these stress management training tools to getting more of what's important to them done in less time.

A realistic and positive Big Picture view is instilled that helps keep all stresses in perspective. Specific practical tools are learned that produce immediate results.

Applications have a positive impact on stress levels both on and off the job.

### Workshop Objectives:

Stress Management Course is an opportunity to start managing pressure effectively and to develop an awareness of what tips you over from pressure into stress and to manage it effectively. Our training will be more of practical sessions balanced with enough theoretical knowledge.

- Better Understand about what stress is
- Understand about what causes stress
- Feel more confident in tackling stressful situations
- Learn how to switch off the physical response to stress
- Develop strategies for handling stress in the moment!
- Strategies for handling stress more effectively, coming from work or home.
- Understand about the far-reaching effects of stress on our mental, emotional & physical well being
- Gain an understanding of what stress is and attitudes around stress
- Increase own awareness of how to recognize signs of stress in self & others
- Learn how to help others deal with pressure & stress

### **SIEGER TRAINING CONSULTANTS (P) LIMITED**

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### Workshop Content:

- Stress - Definition, Eu-stress, Distress
- Sources and Causes of Stress
- What is stress, what causes stress and how pressure can lead to stress
- Becoming stress free - Have realistic stress goals
- The stress response - fight or flight - Internal responses to stress
- Coping with stress - Healthy and unhealthy coping strategies
- Am I stressed? - The signs of stress - How do you experience stress?
- Stress management in the workplace and at home - Taking home stress to work and vice versa
- Workplace stress and absence - Physical effects of stress
- The individual nature of stress - We all have different ways of relaxing
- Stress and health - You must take stress seriously
- Anatomy & physiology of the stress response
- Dealing with situational stress, dealing with body and mind stress
- Letting go of tension and quieting your mind
- Assessing and measuring stress levels
- Developing self esteem
- Counseling & communication skills
- Goal setting & time management
- Conflict management
- Value of nutrition, exercise & sleep in coping with stress
- Managing Stress - Simple stress reduction techniques – Exercises..... Progressive Relaxation, Visualization, Breathing, Yoga, Self hypnosis, Meditation, Laughter, Acupressure points, EFT, etc

### Workshop Methodology:

The workshop is intended to be an inter-active learning experience compounded with theoretical backing. The main focus would be on activity based learning with a sequence role plays. However our approach will in effect target a change in each participant from within.

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### Other Details:

- Payment to be made within 15 days from the date of the invoice.
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- Overseas clients will have to take care of all the training materials directly as briefed by Sieger Training. However, Sieger can procure some (which can be transited) not all, on behalf of the client but any additional charges for custom clearance has to be taken care by client only.
- Facilitators Travel & Food have to be taken care by the client
- Clients will have to arrange LCD, Speakers, Mike on their own.
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