
Stress Management

A one day programme

What is stress? Stress takes place at all times. In fact, a body without stress, any stress, is a dead body. You always want some stress. The trouble starts when your stress levels become higher than normal and cause you to under perform at work, or in extreme cases become physically ill. Stress is the body's way of telling us that we are overdoing things or that we are under more pressure than we can healthily cope with. Stress is a chemical process that the body uses to react to perceived demands called stressors. These stressors can range from physical danger to a personal problem or such things as making a presentation or uncertainty about the future. This programme teaches people how to manage their stress levels, by analysing what strategies they currently use to combat stress, and identifying if these are useful or harmful.

Key elements of stress management

A stressor can be one or a combination of many things, typically, physical danger, a personal problem, or a difficult journey to work etc. When people experience stress over a prolonged period, it can often result in chronic stress. Chronic stress leads to high levels of the stress hormone, taking a toll on the body and typically, leading or contributing, to things like ulcers, backaches, headaches, migraines and high blood pressure etc. Stress Response is the way that we react to stress. It is often referred to as the fight or flight syndrome. This involves the whole body becoming ready to fight the stressor, or flee from it. This often presents a great physiological dilemma, with the body involuntarily making ready for fight or flight, but never actually doing either.

The programme enables participants to:

- Understand stress its good effects and its bad effects
- Analyse why stress can be a problem
- Develop stress management strategies
- Manage the stress causing conditions
- Develop a stress management action plan

Learning outcomes:

Understanding the importance of managing your own stress is vital if you are going to alleviate your stress levels, which is the objective of the training programme. Each person will understand the benefits and be able to customise the ideas so that they work for them. You will be able to plan your own stress management programme and action plan, so that you tackle your stress problem immediately you get back to the workplace.

Programme Agenda

Stress

- What is stress?
- The effects of stress
- How stress affects performance
- Monitoring your stress
- What is relaxation?

Stress management strategies

- Stress management
- Positively anticipating and stress reaction
- Monitoring stressful situations
- Reducing stress
- Reducing tension
- Tolerance building
- Nutrition and stress

Typical delegates are:

All people who need to analyse and improve their stress management. In addition, those people who are looking for ways to improve their effectiveness in supporting others who suffer from too much stress.

Why is stress a problem?

- The two big problems with stress
- Sources of stress
- Your personal source of stress
- Personality type and stress
- Analysing your stress

A management plan

- Stress and control
- Managing stressors
- Separating work from home
- Active relaxation
- Passive relaxation
- Stress manager action plan