STRESS MANAGEMENT

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COURSE LENGTH: 1.0 DAYS

Stress affects individuals from all walks of life, but has even greater effects within high-density populations like Singapore. Although some types of stress are actually motivating, too much stress can critically affect your physical, emotional and mental well-being.

To effectively manage your stress, enroll in PD Training’s Stress Management training course. This course will teach you how to identify the causes of stress, the symptoms of stress, how to manage stressful situations, how to maximize positive stress, how to apply routines to your life and practice relaxation techniques when feeling stress and much more.

This dynamic training course is available now throughout Kuala Lumpur and Malaysia.

This Stress Management training course can be delivered at your premises by one of our expert local or international trainers or live online using our HIVE technology.

Click on the In-house tab below to generate an instant quote.
Lesson 1: Getting Started
- Pre-Assignment Review
- Workshop Objectives

Lesson 2: Understanding Stress
- What is Stress?
- What is Eustress?
- Understanding the 'Triple A' approach

Lesson 3: Creating a Stress-Reducing Lifestyle
- Eating properly
- Exercising regularly
- Sleeping well

Lesson 4: Altering the Situation
- The First 'A'
- Identifying appropriate situations
- Creating effective actions

Lesson 5: Avoiding the Situation
- The Second 'A'
- Identifying appropriate situations
- Creating effective actions

Lesson 6: Accepting the Situation
- The Third 'A'
- Identifying appropriate situations
- Creating effective actions

Lesson 7: Using Routines to Reduce Stress
- Planning meals
- Organising chores
- Using a To-Do list

Lesson 8: Environmental Relaxation Techniques
- Finding a sanctuary
- Using music
- Seeing the humour
Lesson 9: Physical Relaxation Techniques
- Soothing stretches
- Deep breathing
- Tensing and relaxing
- Medication

Lesson 10: Coping with Major Events
- Establishing a support system
- Creating a plan
- Knowing when to seek help

Lesson 11: Our Challenge to You
- Creating a stress log
- Week One: recording events
- Week Two: identifying stressors and creating a plan
- Week Three: creating new habits
- Reviewing and evaluating

Lesson 12: Wrapping Up
- Words from the Wise
- Action Plans

WEB LINKS
- View this course online
- In-house Training Instant Quote