PROFESSIONAL DEVELOPMENT TRAINING

016 299 1479

REQUEST QUOTE

1.0 DAY COURSE

Stress Management

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.

What You'll Gain:

Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system.

Outcomes

- Master the three "A's" of a stressful situation: Alter, Avoid, Accept
- Learn what lifestyle elements can be changed to reduce stress
- Use routines to reduce stress
- Learn environmental & physical relaxation techniques
- Learn how to cope with major events

- Learn how to use a stress log to identify stressors & create a plan to reduce or eliminate them

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Modules

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

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

- Week Two: identifying stressors and creating a plan
- Week Three: creating new habits
- Reviewing and evaluating

Talk to our expert team

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