

OUTLINE

Stress Management

Lesson 1

Getting Started

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Aims

Lesson 2

Recognizing Stress

- What is Stress?
- What is Eustress?
- Recognizing the Triple A Approach

Lesson 3

Creating a Stress-Reducing Lifestyle

- Eating Properly
- Exercising Regularly
- Sleeping Well

Lesson 4

Altering The Situation

- The very 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
- Organizing Chores
- Using a To-Do List

Lesson 8

Environmental Relaxation Techniques

- Finding a Sanctuary
- Utilizing Music
- Seeing the Humor

Lesson 9

Physical Relaxation Techniques

- Soothing Stretches
- Deep Breathing
- Tensing and Relaxing
- Meditation

Lesson 10

Coping With Important Events

- Establishing a Support System
- Creating a Strategy
- Knowing When to Seek Help

Lesson 11

Our Challenge to You

- Developing a Stress Log
- Week One: Recording Events
- Week Two: Identifying Stressors and Making a Strategy
- Week Three: Creating New Habits
- Reviewing and Assessing

Lesson 12

Wrapping Up

- Words from the Smart
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Tests

This course can be fully customised for your business team.
Please contact us for more details and our team will happy to assist.

www.paramountplus.com.au

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