

Stress Management

Duration: 1 day

Overview:

Today's workforce is experiencing job burnout and stress in epidemic proportions. Workers at all levels feel stressed out, insecure, and misunderstood. Many people feel the demands of the workplace, combined with the demands of home, have become too much to handle. The New Horizons one-day Stress Management workshop explores the causes of such stress, and suggests general and specific stress management strategies that people can use every day.

Target Audience:

This course will benefit any individual who is being negatively impacted by stress. This may be either in the workplace or their personal life but it will either be impacting their physical or mental health and ultimately their work-performance.

Key Participant Benefits:

- Understand that stress is a positive, unavoidable part of everybody's life
- Recognise the symptoms that tell you when you have chronic stress overload
- Identify those situations in your life that cause you the greatest stress
- Identify those actions which add to your stress
- Change the situations and actions that can be changed

Key Business Benefits:

- Increase productivity
- Increase employee retention
- Increase ease of management

Module 1: Defining Stress and How it Affects Us

- Where Are You Now?
- Defining and Identifying Stress
- Other Factors to Consider

Module 2: What is Stress About?

- Distress
- Eustress

Module 3: Building a Solid Foundation

- Taking Care of Your Body and Your Mind
- Examining a Case Study
- The "Less Stress" Lessons

Module 4: Mental Strategies

- Changing Ourselves
- The Triple A Approach

Module 5: Stress at Work

- The Stress Tax
- Stress Inventory
- Finding Some Solutions
- Stress Logging

Module 6: Time Management Tips

- Prioritise and Plan
- Set boundaries and say "No"
- Delegate

Module 7: Stress at Home

- Budgeting Basics
- The Everyday Stuff
- Organisation Tips

Module 8: Drainers and Fillers

- Identify the specific issues that drain and energize you

Module 9: A Personal Action Plan