

Stress *management*

STRESS CAN HAVE A PHYSICAL AND EMOTIONAL IMPACT BY CREATING POSITIVE OR NEGATIVE FEELINGS IN OUR DAILY LIVES.

Stress can have a physical and emotional impact by creating positive or negative feelings in our daily lives. Mild levels of stress can often be positive by acting as a motivator and energiser. On the other hand, high levels of stress can lead to negative feelings, anger, rejection, distrust, depression and can cause serious health problems.

What is the level of stress in your life?

Ask yourself the following:

1. I am aware of the things that cause stress.
2. I control how my mind and body responds to stress.
3. I know how to change and eliminate negative stress.
4. I do not believe that I have to please everyone.
5. I regularly complete tasks to meet deadlines.
6. I know how to use my time wisely.
7. I use mind and body exercises to get rid of tensions.
8. I avoid stimulants such as nicotine, alcohol and caffeine when I feel stressed.
9. I get enough sleep and eat well balanced meals everyday.
10. I not impatient and irritable when dealing with people.
11. I feel calm, relaxed and in control at work.
12. I have supportive friends and family.
13. I am happy with my professional and personal life.
14. I have set clear and specific lifetime goals.
15. I have a positive attitude and I always look at the bright side of life.



Your **Stress Management** program is custom designed to help participants learn simple techniques to combat negative stress. The program looks at how stress and duress can impact our lives.

Key learning outcomes

Your **Assertiveness Skills** program will give participants the skills to:

- Identify the causes and symptoms of stress.
- Manage individual and group stress.
- Stay calm and controlled in a busy work environment.
- Learn relaxation techniques.
- Effectively communicate and deal with different people.
- Accept and manage personal and organisational change.
- Understand the contribution of positive thinking and some mental exercises.
- Use time management techniques to avoid wasting precious time.
- Understand how to stop thinking.
- Understand the benefits of helping others in any form.
- Understand your personality type.
- Pursue positive thoughts rather than dwelling on faults.
- Understand how thoughts affect our perceptions.
- Broaden your vision and develop a more positive outlook.
- Set Goals – this module can change the direction of your life.

Would you like to attend this program?

- For maximum effectiveness, this program is best conducted as an in-house program.
- **Ideal group size:** 4 - 12 participants.
- **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- **Duration:** This program can be conducted as a one day or half day program.
- **Cost:** Price on request.
- **Target Audience** Employees, Supervisors, Team Leaders, Senior Managers or CEO's.

If you would like more information on this training program, please contact:
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www.preftrain.com

