



Stress Management Training Course Outline

Foreword:

Positive and negative Stress is a constant influence on all of our lives. The trick is to maximise the positive Stress and to minimise 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 Management log system.

Learning Outcomes

By the end of this course participants will be able to:

- Identify the best approach to a Stress situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce Stress Management
- Use routines to reduce Stress
- Use environmental and physical relaxation techniques
- Better cope with major events
- Use a Stress Management log to identify Stressors and create a plan to reduce or eliminate them

Course length:

1-day

<p>Stress Management Training Course - Lesson 1 Understanding Stress Management</p> <ul style="list-style-type: none">• What is Stress?• What is Eustress?• Understanding the Triple A Approach	<p>Stress Management Training Course - Lesson 2 Creating a Stress Management- Reducing Lifestyle</p> <ul style="list-style-type: none">• Eating Properly• Exercising Regularly• Sleeping Well
<p>Stress Management Training Course - Lesson 3 Altering the Situation</p> <ul style="list-style-type: none">• The First A• Identifying Appropriate Situations• Creating Effective Actions	<p>Stress Management Training Course - Lesson 4 Avoiding the Situation</p> <ul style="list-style-type: none">• The Second A• Identifying Appropriate Situations• Creating Effective Actions



Stress Management Training Course - Lesson 5

Accepting the Situation

- The Third A
- Identifying Appropriate Situations
- Creating Effective Actions

Stress Management Training Course - Lesson 6

Using Routines to Reduce Stress Management

- Planning Meals
- Organising Chores
- Using a To-Do List

Stress Management Training Course - Lesson 7

Environmental Relaxation Techniques

- Finding a Sanctuary
- Using Music
- Seeing the Humour

Stress Management Training Course - Lesson 8

Physical Relaxation Techniques

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

Stress Management Training Course - Lesson 9

Coping with Major Events

- Establishing a Support System
- Creating a Plan
- Knowing when to seek Help

Stress Management Training Course - Lesson 10

Our Challenge to You

- Creating a Stress Management Log
- Week One: Recording Events
- Week Two: Identifying Stressors and Creating a Plan
- Week Three: Creating new Habits
- Reviewing and Evaluating

Stress Management Training is one of the Professional Development Training Courses delivered by **contract trainers** in Brisbane, Sydney, Canberra, Melbourne, Adelaide and Perth.

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