

Stress Management

'It's not stress that kills us, it is our reaction to it'.

Hans Selye

The Soft Skills Gap Do You Have One?

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 course will give learners a three-option method for addressing any stressful situation, as well as a toolbox of personal skills. It will help learners apply stress management tools to getting more of what's important to them done in less time and gain the skills they need to perform effectively under high pressure.

Who this course is for

This course is intended for business owners, managers and employees to manage stress, deal with pressures more effectively, identify signs of stress in others and promote healthy living.

By the end of this course, learners should be able to:

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

Course Outlines

Topic 1: Understanding Stress
Topic 2: Creating Stress-Reducing Lifestyle
Topic 3: Altering the Situation
Topic 4: Avoiding the Situation
Topic 5: Accepting the Situation
Topic 6: Using Routines to Reduce Stress
Topic 7: Environmental Relaxation Techniques
Topic 8: Physical Relaxation Techniques
Topic 9: Coping with Major Events
Topic 10: Our Challenge to You

Course Level

Course Hours

Available Learning Formats

Short Course

8 hours

Classroom & Blended

Distance & Online

Applies towards the following certificate(s) & award(s):
- Diploma in Management