



Stress Management

This one-day stress management training workshop will explore the harmful long-term effects of stress on our mental and physical health and provide suggestions for more effective stress management. Stress Management strategies may include changes in lifestyle, stress management techniques such as relaxation and exercise, and the use of music or humor as coping strategies.

What participants will learn:

- Understand what stress is and why it happens
- Develop awareness of the stress signals and symptoms in yourself and others
- Use tools to pinpoint the causes of stress you are experiencing
- Discover methods and strategies for managing different sources of stress
- Discover how to build buffers and prevent stress before it occurs
- Learn some techniques for relaxing the mind and body
- Develop your own individual action plan for tackling stress in your life

Workshop Outline:

This includes large group discussions, individual work and reflection, small group discussions & exercises, case studies and simulations for role play. Customization will be based on your own needs or information provided by your human resource department or the individual department prior to the workshop. Materials are designed as interactive workshops with a 40/60 split between concept/theory and practical application of skills discussed.

Learning Objectives

The workshop begins with individual introductions and a group exercise to put everybody at ease. This is followed by a large group discussion about the effects of stress, and why we need to give more than lip service to developing strategies for managing that stress.

Exploring Stress

A large group discussion complete with diagrams to illustrate what stress does to our bodies and our minds if it is allowed to go unchecked.

Identifying Symptoms of Stress

Individuals rate themselves and their stress levels on each of several types of charts or scales, with the understanding that there is no reward for proving that you are more stressed out than others. The only reward is getting a handle on the amount of stress we do feel.

Stress Exhaustion Symptoms

Burnout Test

Knowing Yourself

Large group discussion of some of the research that has been done about stress, and how age, gender,

attitude, and occupation figure into our reactions to stress, followed by a quiz.

Wellness and Centering a Lopsided Wheel

Beginning with a large group discussion, participants explore the various elements that make up their life and identify areas where they see opportunities to make changes—lifestyle, support systems etc., including those people who energize or drain.

Other Stresses

A large group discussion of how our perceived lack of time can stress us, and what we can do. These include getting rid of clutter, getting our financial house in order, negotiation for what we need.

Getting rid of clutter

Each participant receives a garbage bag as a reminder of how to go through home/workspace and purge those things that aren't used/needed.

Guilt

Then individuals prepare a list of those things that have been nagging at them. Cross off those that aren't essential. Post the list where you can see the progress you are making.

Stress management techniques you can use right now

In teams of two, participants develop a list of as many things they can do as possible to eliminate stress.

Your flexible brain

Now have them prepare a list of coping techniques for the stresses they can't eliminate or reduce, and share them with the group.

Personal Action Plan

Making yourself more resistant to stress

- Simple life-style changes
- Relaxation techniques
- Getting outside help
- Action plans

This is a culmination of the day's discussions.

Evaluations

This workshop is a detailed insight into the **skills required by professionals**.

- ❖ It is very interactive and includes many activities and exercises to enhance the learning experience.
- ❖ It is spread over the period of one-full day consisting of 8 hrs (9am-5pm)
- ❖ It includes 2 tea breaks and a lunch break

Proposed Training Plan Consists of:

- ❖ **Training Kit** : Handouts, Activities, Exercises
- ❖ **Training Duration**: 1 full day (8hrs)
- ❖ **Number of candidates**: Minimum=20 Maximum=40
- ❖ **The training venue proposed is** :PC Hotel or Avari Hotel, according to availability of dates assigned by your organization for the training.

Training Cost:

Cost per Individual Participant is a total of:= Rs.9500

Includes cost of:

- Handouts,
- Activity/Exercise material,
- Certificates,
- Tea (twice),
- Buffet Lunch,
- Hotel Facility Charges,
- and Trainers Cost