



Stress Management

Training Course

Stress Management

Course Language

English

Course Duration

Total Number of hours : 18 hours , 8 am – 2pm

Course Objectives

Identify the best approaches to emotional management to reduce stress
Understand what lifestyle elements you can change to reduce stress
Understanding and minimizing the root causes of stress
Use environmental and physical relaxation techniques
How to increase happiness
Use a stress log to identify stressors and create a plan to reduce or eliminate them

Course Content

Course Key Topic Area Includes:

Module One : Introduction

Module Two : Understanding Stress

Module Three : Dealing with positive and negative emotions

Module Four: Mental chemistry of emotional control

Module Five: Regulating internal and external emotions

Module Six : Managing strong emotions

Module Seven : Using routines to reduce stress

Module Eight : Environmental relaxation techniques

Module Nine : Physical relaxation techniques

Module Ten : Creating happiness zones

Module Eleven : Conflict reduction

Module Twelve : Closure

