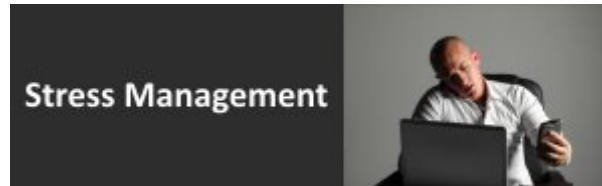


## STRESS MANAGEMENT TRAINING

Generate a [group quote](#) today



**COURSE LENGTH: 1.0 DAYS**

Stress should be addressed because of its potential negative effects on your personal and emotional health. Learn the various tools and techniques to manage stress by attending PD Training's Stress Management training course.

The Stress Management Training Course covers these topics: the three "A's" of a stressful situation (Alter, Avoid, Accept), environmental & physical relaxation techniques, routines and lifestyle changes to reduce stress and much more.

This comprehensive course is now available in London, Birmingham, Leeds, Glasgow, Sheffield, Bradford, Edinburgh, Liverpool, Manchester and UK wide.

Please click the In-House Training tab to receive a free quote for courses delivered at your preferred location.

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## STRESS MANAGEMENT TRAINING COURSE OUTLINE

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### FOREWORD

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 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 log system.

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### OUTCOMES

- ▶ Master the three "A's" of a stressful situation: Alter, Avoid, Accept
  - ▶ Learn what lifestyle elements can be changed to reduce stress
  - ▶ Use routines to reduce stress
  - ▶ Learn environmental & physical relaxation techniques
  - ▶ Learn how to cope with major events
  - ▶ Learn how to use a stress log to identify stressors & create a plan to reduce or eliminate them
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### MODULES

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#### Lesson 1: Understanding Stress

- ▶ What is Stress?
- ▶ What is Eustress?
- ▶ Understanding the 'Triple A' approach

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#### Lesson 2: Creating a Stress-Reducing Lifestyle

- ▶ Eating properly
- ▶ Exercising regularly
- ▶ Sleeping well

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#### Lesson 3: Altering the Situation

- ▶ The First 'A'
- ▶ Identifying appropriate situations
- ▶ Creating effective actions

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#### Lesson 4: Avoiding the Situation

- ▶ The Second 'A'
- ▶ Identifying appropriate situations
- ▶ Creating effective actions

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#### Lesson 5: Accepting the Situation

- ▶ The Third 'A'
- ▶ Identifying appropriate situations
- ▶ Creating effective actions

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#### Lesson 6: Using Routines to Reduce Stress

- ▶ Planning meals
- ▶ Organising chores
- ▶ Using a To-Do list

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#### Lesson 7: Environmental Relaxation Techniques

- ▶ Finding a sanctuary
- ▶ Using music
- ▶ Seeing the humour

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#### Lesson 8: Physical Relaxation Techniques

- ▶ Soothing stretches
- ▶ Deep breathing
- ▶ Tensing and relaxing
- ▶ Medication

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## Lesson 9: Coping with Major Events

- ▶ Establishing a support system
- ▶ Creating a plan
- ▶ Knowing when to seek help

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## Lesson 10: Our Challenge to You

- ▶ Creating a stress log
- ▶ Week One: recording events
- ▶ Week Two: identifying stressors and creating a plan
- ▶ Week Three: creating new habits
- ▶ Reviewing and evaluating

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## WEB LINKS

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- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)