



Program length: 4 hours

Audience: This program is intended for anyone who wants to do a better job of handling the stresses associated with their personal and professional life.

What you will learn:

- How to reduce stress in every aspect of your life
- How to define stress
- How identify the positive and negative aspects of stress
- How to analyze personal stressors
- How to understand the impact of stress on perspective and perception
- How to utilize skills to manage stress

Module 1: Understanding stress

- Defining stress
- Stress stimulus and response
- The costs of stress
- The commerce of stress

Module 2: Dealing with stress

- Signs of stress
- Sources of stress
- Perspective and perception as they relate to stress
- Assessing your perceptions

Module 3: Stress management skills

- The “AAAbc” strategy for stress management
- Stress management skills
 - Personal management skills
 - Relationship skills
 - Outlook skills
 - Physical skills
- Tips for stress management