



## Course Outline: STRESS MANAGEMENT COURSE

### INTRODUCTION TO STRESS MANAGEMENT

#### WHAT IS STRESS?

Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment. Unfortunately, excessive amounts of stress may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression.

Stress can be external and related to the environment but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful.

Humans experience stress, or perceive things as threatening, when they do not believe that their resources for coping with obstacles (stimuli, people, situations, etc.) are enough for what the circumstances demand. When people think the demands being placed on them exceed their ability to cope, they then perceive stress.

#### COURSE OUTLINE

1. Types of stress
2. Principles of emotional intelligence
3. Self-awareness
4. Self-esteem
5. Learn to manage your thoughts
6. Perception – how it affects us
7. Identify your emotions and feelings



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8. Talk about it
9. Communication skills for improved relationships
10. The Drama Triangle
11. How not to participate in, or cause, drama
12. Impulse control
13. Practical ways to reduce stress

DURATION

One full day from 08h30 to 16h00