

Stress Management

Aim

For the participants to understand the causes and symptoms of stress and to learn how to manage these more effectively.

Target Group

Staff of all grades as considered appropriate

Times

10.00am - 4.30pm

Course Content

- A Diagram explaining the physiology of stress
- A stress management model designed to identify stress factors
- Handout on the ABCDE model of stress
- Identification of different types of unhealthy beliefs such as – low frustration tolerance and anxiety provoking situations
- Information on ways to dispute unhealthy beliefs
- A handout of visualisation techniques including ways of using them
- A handout on management of change theories and how to cope with change
- Resources to manage stress – recommended books and relaxation tapes, exercises to manage anxiety and low frustration tolerance.

Learning Outcomes

By the end of the training day the participants will be able to:-

- Identify three personal stress factors and how to reduce them
- Understand a basic outline of the effect of stress on the body
- Understand the ABCDE model of stress management and how to apply it
- Identify at least one unhealthy belief they have towards a stress-inducing situation and to learn one way of disputing this belief
- Understand the benefits of visualisation techniques and learn how to apply one technique to a stress inducing situation
- For the participants to understand one strategy to manage change
- Develop a portfolio of stress management strategies, including lists of books and tapes on stress management techniques

Training Methods

Variety of pair and small group work; general discussions; quizzes; case studies; videos; role-plays; and a limited amount of lecturing.

Prices are inclusive all materials (certificates and handouts), lunches and refreshments.