

Stress Management Program

DON'T LET YOUR STRESS DRAG YOU DOWN!

A 7 Module Stress Management Program that will change your understanding of stress, teach you ways to reduce and manage it, help you get more organised with your time and tasks, changing your mindset around stress and how you cope with it each day.

All this, at your own pace, tailored to your own challenges and stress issues.

This is NOT an academic course that gives you a certificate and CPD points. Instead it is specifically designed to be a hands-on, user-friendly, practical approach that teaches positive and easy-to-learn coping strategies to help you manage stress in your daily life.

This course provides practical advice and strategies to actively reduce personal stress levels which can be life changing, & health gaining.

Aim of the course?

All people experience stress from time to time. However, excessive or chronic stress can take a toll on your mental and physical health. Excessive stress occurs when you perceive that you do not have the resources to cope with the demands in your life. Learning skills to manage your stress more effectively can be beneficial when you are overwhelmed by stress. The aim of this course, therefore, is to teach you many skills to manage your stress and minimise that feeling of overwhelm. You will have the resources to not only cope well with the demands in your life, but absolutely thrive!

This Stress Management Program will show how the root causes of stress can be dealt with successfully, how you can better cope with stressful situations, and how strategies can be used to control the level of stress you experience. It also teaches you how time management can help you feel much more in control of your time, tasks and output, providing you with a host of time management techniques that you can adopt in your everyday life to see immediate change and improvement.

The Program goes on to teach how goal setting can give you focus and motivation, walking you through powerful goal setting approaches to plan the future you want. It also helps you find and expand your inner resilience so that you can draw on it to help you cope well with any situation that comes your way in the future. Lastly, but perhaps more significantly, the Program teaches you how changing your mindset around stress and your stressors, can dramatically reduce your response to stress, and how you behaviourally cope with it.

Who is this course for?

This Stress Awareness course is suitable for people of all levels and backgrounds, both professional and non-professional. It is specifically aimed at people who are experiencing acute or chronic stress related to life demands, such as work, study, relationships, or caring for a family member.

Course content

STRESS MANAGEMENT PROGRAM	
MODULE 1	PHYSIOLOGY – Understanding stress, the triggers and the effects
MODULE 2	RE-BALANCE – How to reduce your stress, manage your health, get better sleep.
MODULE 3	ORGANISED – How to gain more time and tasks, and reduce your stress
MODULE 4	GOAL SETTING – The benefits of goal setting and the importance of “Me Time”
MODULE 5	RESILIENCE – Building your inner strength and ability to thrive under pressure
MODULE 6	ATTITUDE – The importance of your mindset on your body and your stress
MODULE 7	MAKING LASTING CHANGE – Modifying your approach to permanently manage your stress

By the end of this course

Learners will be able to:

- Identify the symptoms of stress.
- Understand the importance of controlling stress and know how to cope with stress when it arises.
- Learn many new stress management techniques and identify the right coping strategy to use in different stressful situations.
- Create a DIY program that will help identify stress factors that are having negative effects and be able to apply coping strategies in real-life scenarios.

Course duration

This course contains 7 Modules. Each module is approximately 1 hr 30 mins long (although one module is longer). The entire Program is therefore approximately 10 hours and is designed to be completed over 3 months, at most. We recommend you go at your own pace, although ideally completing one lesson every week/fortnight. However, there is no limit on how long you can take to do the course, and you can proceed as quickly or slowly as you like. We would strongly recommend allowing some time between modules to allow you to practise what you have learned.

Price

£250

The valuable techniques you will gain from the Program will help you easily cope with stress. That can make a real difference to your day-to-day life, leading to a happier and more productive schedule. So, start this course now, learn to cope with stress, and gain a much healthier work/life balance, and calmer future.