



PROFESSIONAL  
DEVELOPMENT  
TRAINING

# Stress Management Training



1300 121 400



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1.0 DAY COURSE

There are numerous causes of stress in our lives; many of which unfortunately cannot be avoided. The goal is to learn to reduce the amount of stress in your life while at the same time increasing your ability to manage it when those unavoidable situations occur.

The PD Training Stress Management Training Course provides you with techniques to manage your stress including how to implement specific relaxation techniques, identifying and avoiding stressful situations, coping with setbacks, accepting and coping with stress in certain situations and altering circumstances to minimise the effect stress has on you. Effective stress management will lead to better health and greater productivity. This dynamic training course is available now throughout Australia, including Brisbane, Sydney, Melbourne, Adelaide, Canberra and Perth.

Contact us today for a group quote.

## What You'll Gain:

Positive and negative stress is a constant influence on all of our lives. The trick is to maximise the positive stress and to minimise the negative stress. This workshop will give participants a three-option method for addressing any stressful situation, as well as providing a toolbox of personal skills, including using routines, relaxation techniques and using a stress log system.

Stress has many forms, some of which are difficult to cope with without knowing certain techniques taught in this course. Learn how to put into place a number of mechanisms designed to help you better manage stressful situations, while also allowing you to take advantage of the "eustress" or positive stress in your life.

## Outcomes

After completing this course participants will know how to:



- 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
- How implementing routines can reduce or remove stress
- How to establish a support system
- Learn how to use a stress log to identify stressors & create a plan to reduce or eliminate them

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## Modules

### Lesson 1: Getting Started

- Pre-Assignment Review
- Workshop Objectives

### Lesson 2: Understanding Stress

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

### Lesson 3: Creating a Stress-Reducing Lifestyle

- Eating properly
- Exercising regularly
- Sleeping well

### Lesson 4: Altering the Situation

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

### Lesson 5: Avoiding the Situation

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

### Lesson 6: Accepting the Situation

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

### Lesson 7: Using Routines to Reduce Stress

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

### Lesson 8: Environmental Relaxation Techniques

- Finding a sanctuary
- Using music
- Seeing the humour

### Lesson 9: Physical Relaxation Techniques

- Soothing stretches

### Lesson 10: Coping with Major Events

- Establishing a support system
- Creating a plan



- Deep breathing
- Tensing and relaxing
- Medication

- Knowing when to seek help

#### Lesson 11: 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

#### Lesson 12: Wrapping Up

- Words from the Wise
- Action Plans

**Talk to our expert team**

**Phone: 1300 121 400**

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