

**Stress Management**

Course Length: 1 Day

DB0001 v073107

**Course Description**

This course helps you identify long term unresolved stressors, your style of handling this stress and techniques for dealing with such stress in your personal and professional life.\*

**Target Student**

Anyone who suffers from stress and feels that they are not coping as well as they would like.

**Course Content****Unit 1 – Negative Effects of Unresolved Stress**

Effects on Health, Emotions, Brain and Life Functions

**Unit 2 – Causes of Unresolved Stress**

Types of Causes

Causes in the workplace and personal life

Self Created Causes of Stress

**Unit 3 – Burnout**

What is Burnout?

The Effects of Burnout

How to Recognize Burnout

**Unit 4 – Pessimism**

How Pessimism Contributes to Stress

**Unit 5 – Stress Tests**

How to Know Something Is a Stressor

How is Your Stress Level?

Stress Signs Self Evaluation

Personality Assessment

How your Personality Type Affects your Stressors

**Unit 6 – Cures and Coping Techniques**

30+ Methods of Dealing with Unresolved Stress

**Unit 7 – The Five Whys Method of Self Interrogation**

Self Examination using the Five Whys

**Unit 8 – Reprogramming the Sub Conscience**

Methods of Reprogramming How You Think and Feel

**Unit 9 – Assertiveness, Passive, Aggressive Behaviors Tools****Unit 10 – Conflict Management Tools**

**Unit 11** – Problem Solving Tools

**Unit 12** – Time Management Tools

**\*Course not intended to diagnose or treat illness, physical or psychological**