

Stress Management

Course Overview

The Stress Management course will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system. They will also understand what lifestyle elements they can change to reduce stress.

Module 01 – Getting Started

Module 02 – Understanding Stress

Module 03 – Creating a Stress-Reducing Lifestyle

Module 04 – Altering the Situation

Module 05 – Avoiding the Situation

Module 06 – Accepting the Situation

Module 07 – Using Routines to Reduce Stress

Module 08 – Environmental Relaxation Techniques

Module 09 – Physical Relaxation Techniques

Module 10 – Coping with Major Events

Module 11 – Our Challenge to You

Module 12 – Wrapping Up