
managing Stress

PROGRAM OVERVIEW:

Stress affects us in lots of ways, both physically and emotionally, and in varying intensities. Research has shown that stress can sometimes be positive as it makes us more alert and helps us perform better in certain situations. However, stress has only been found to be beneficial if it is short-lived. Excessive or prolonged stress can lead to a range of significant health problems. This session aims to enable participants to identify what's causing them stress, its impact both physically and emotionally and learn techniques to manage their stress, build resilience in challenging times and increase overall wellbeing.

KEY LEARNING OUTCOMES:

Participants will:

- Understand the impact of stress on the physical, psychological and emotional self
- Identify the causes and triggers of their individual stress
- Change unhelpful thoughts, feelings and behaviours
- Implement practical strategies to reduce the negative impacts of stress and anxiety
- Practice mindfulness exercises to reduce reactivity and build mental resilience
- Apply techniques to build greater resilience, both personally and professionally
- Understand how to get help for themselves and others when feeling overwhelmed
- Create a positive habits action plan to improve overall wellbeing

DURATION:

- This is a full-day course which can be tailored to a half-day workshop.

PROGRAM PREREQUISITES:

There are no prerequisites for this course.



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DETAILED PROGRAM OUTLINE:

What is stress?

- Recognising stress and what happens to you when you are stressed
- The Science of Stress – Reactions in the brain and body

Managing Our Stressors

- Getting on the front foot to alleviate our stress reaction
- Acceptance and the Circle of Influence model
- A Proactive mindset – Embracing eustress

Work-Life Balance

- Prioritising what's important
- Managing our energy and beating fatigue
- Developing positive routines and rituals

Stress Busting Strategies

- Physical strategies – Physiological sigh, Breathing techniques, Progressive muscle relaxation
- Mental strategies – Mindfulness techniques

Supporting Ourselves and Others Through Stress

- How to get help when you need support
- Checking in on our peers and recognizing stress signs in others
- Encouraging others to seek help when needed.

Increasing Wellbeing

- The Science around Happiness
- Simple strategies to lift our mood

Self-reflection and Action Plan

- Learning Transfer - implement and embed the learning

