

An Outline: STRESSPROOFING

Introduction 'Stress' is a very general term commonly used to describe a sense of ill-ease which can range from mild irritation through to nervous breakdown or major illness.

In more specific terms, the stress response is a biochemical change which prepares the body to deal with a perceived emergency. It is a reaction that evolved to protect us in times of danger but has now become a source of danger in its own right.

Objectives The objectives of this seminar are:

- *To provide participants with a knowledge of what stress is and how to recognise its effects in themselves and others*
- *To teach participants a range of skills that will increase their ability to cope positively with stress.*

Topics

- The nature and function of the stress response
- Positive and negative stressors
- Recognising the symptoms of stress in ourselves and others
- The impact of change on stress
- Relaxation training
- Breaking 'Anxiety Loops'
- Re-framing the physical effects of stress
- Identifying sources of work and personal life stress
- Preparing a plan to achieve personal life goals
- The three minute Worry Management technique
- Understanding and managing anger
- Subconscious re-programming to eliminate stress

Format This one-day workshop is based on a mixture of formal presentation and discussion groups. The day includes a good dose of humour and the knowledge and skills participants gain can be applied not just in the work setting but also in many areas of their private lives.