



**Palomino Training Solutions**  
specialists in corporate training

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## **Stress Management Training (1 day)**

### **Course Overview**

**Fact: *If stress levels are not managed effectively in the workplace, employees will become less productive and overall performance will drastically be affected.***

This workshop will explore the harmful long-term effects of stress on our mental and physical health and provide suggestions for managing our individual stresses more effectively. Strategies may include changes in lifestyle, stress management techniques such as relaxation and exercise, and the use of music or humour as coping strategies.

This workshop includes dynamic trainee/trainer interactions and discussions, written and oral exercises, voice recordings, case studies, reflection, quizzes and a workbook for each participant to take back to the workplace.

### **Target Audience**

All employees can benefit from this workshop in order to reduce their stress, health risks and increase their productivity.

### **Course Outline**

#### ***SECTION 1: Course Overview***

#### ***SECTION 2: Crazy Captions***

#### ***SECTION 3: Defining Stress and how it Affects Us***

1. What is Stress?
2. How much Stress is too much?

#### ***SECTION 4: How Stressed am I?***



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### ***SECTION 5: Causes of Stress***

1. Common External Causes
2. Common Internal Causes
3. Holmes Rahe Stress Rating
4. How do I know when I'm Stressed?
5. Effects of Chronic stress
6. Can Stress Kill me?

### ***SECTION 6: Dealing with Stress and its Symptoms***

1. Learn to Manage Stress
2. The 4 A's

### ***SECTION 7: Two Vital Skills***

1. Quick Stress Relief
2. Emotional Connection

### ***SECTION 8: Stress at Work***

1. Cost of Stress on the Job
2. Coping with work stress

### ***SECTION 9: The "Less Stress" Lessons***

**Competition Time!**