



Stress Management and Positive Thinking

Course Outline :

- The difference between stress and pressure
- What may cause stress at work and in your personal life
- What stress is, and its affects your emotions, behaviour and body
- Why stress lowers productivity, causes fatigue and contributes to many illnesses and medical disorders
- Why stress lowers productivity, causes fatigue and contributes to many illnesses and medical disorders
- How stress can affect your health and wellbeing, both in the short-term and long-term need for relaxation and life balance

Course Outcomes :

- How to assess your own stress levels
- How to use a stress diary to record your individual response to stress and how you can use this to manage stress in your life
- Simple relaxation techniques that really work but which are so simple and easy to do that you can use them at your desk!
- How to follow five simple rules that will promote wellbeing, help you withstand the rigours of stress in your life, and give you greater energy throughout the day
- How to improve your life balance, focussing on the things that are most important to you and how to stop yourself feeling pulled in all directions!
- How the way we think and approach our problems can contribute to our level of stress

