

# Stress Management



## OVERALL OBJECTIVE

**The Stress Management Workshop** aims to equip participants to understand what stress is, how it impacts them, and how best to reduce and manage their stress levels to improve their quality of life and their performance in the workplace.

## OUTCOMES

Participants will be able to:

- identify and assess their stress levels
- understand what stress is and how it impacts their lives
- implement coping methods to deal with their stress
- identify circumstances beyond their control
- achieve work-life balance
- manage their time better
- know how to relax more
- combat stress

## CONTENT

- Establishing your stress levels
- Understanding stress and its potential impact
  - What is stress
  - Symptoms of stress
  - Change as a cause of stress

- Learning methods of coping with stress
  - What to do about stress
  - Personality considerations
  - Identify feelings that evoke stress
  - Time management tools
  - Relaxation techniques
  - Dealing with change
- Taking action to combat stress
  - My stress action plan
  - Taking back control