

Understanding and Managing Stress

Turning Stress into Productive Energy

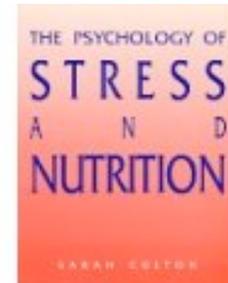
We all have stress in our daily lives. Often we think of stress as a negative force, a drain on our physical, mental and emotional resources. If stress is not managed effectively our capacity to function successfully is diminished. Industry research reports that the annual costs of stress-related disorders runs in the billions of dollars resulting from decreased productivity, work loss, and medical expenses. However, well-managed stress is a positive ingredient. Well-managed stress can stimulate growth, creativity, productivity, and tune our skills. The difference between positive and negative stress is how we deal with it.

Participants learn different ways to better manage stress in their lives. A combination of lecture, discussion, self-assessments techniques, small group activities, and skill training is used as vehicles for learning.

Who Should Attend: Anyone who finds themselves in situations where they feel that personal and professional pressures are limiting their effectiveness.

Course Length: 2 Days

Student Materials: *Understanding and Managing Stress Participant Guide*, 250 pages



Benefits

- Apply a model to examine personal and professional goals and how these relate to stress management
- Determine your level of stress resistance
- Identify significant work and non-work stressors and select those stressors that have the greatest personal impact
- Use techniques for managing stress
- Use skills to manage personal, interpersonal, and organizational stress

What You Will Learn

- Understand what stress is and identify signs and symptoms
- Determine the relationship between stress and productivity
- Understand the difference between stress and anxiety and how these relate to each other
- Examine job suitability and see how it may contribute to stress
- Identify actions that alleviate stress created by organizations
- Develop a stress management plan