



Stress Management

The course duration is two days and is offered in house.

Learning outcomes:

The programme takes delegates on a journey of self-discovery - to understand the sources of their own stress, to place these factors in context and to gain perspective. It equips delegates with coping mechanisms to deal with stress.

- ◆ Improving and building on stress management skills and competencies
- ◆ Identify the causes of both positive and negative stress
- ◆ To equip delegates with an understanding of stress and its causes.
- ◆ How stress impacts health, work performance and interpersonal relationships
- ◆ Equip delegates with strategies to manage and deal with stress, coping mechanisms. A stress management plan

The programme concludes with case studies and a personal action plan.
Aligned to Unit Standard # 15096 L 5, Five credits.

The purpose

of this programme is to equip delegates to manage stress in their personal lives and work situations in order to improve their quality of life.

The qualifying learner is capable of:

- Describing stress in personal life and work situations.
- Analysing the causes of stress in personal life and work situations.
- Describing reactions to stress.
- Applying strategies to manage stress in personal life and work situations

Target group

All staff. Delivery and content is adapted to the level and needs of the delegates. For maximum effectiveness, no more than 15 delegates are accommodated per programme.

Methodology

Our facilitators use PowerPoint visual presentations, international best practice videos, role-play, and case studies. The programme is participative. A certificate of attendance is awarded upon completion of the programme and assessment against [SAQA Unit Standards](#) can be arranged separately.

Course content

Module 1: Introduction

1. Understanding stress

The nature and importance of mind - body relationships
What Stress Is... Definitions

2. Positive stresses

How Can I Tell What is Optimal Stress for Me?
Stress and Your Performance
The Positive Effects of Pressure

3. Negative stresses

Pressure and performance - the inverted U
Negative Thoughts Crowd Our Minds
Entering a state of "Flow"

Module 2: The causes of stress

Understanding Causes of Stress In Your Life
Your Stress Diary
Stress SWOT Analysis

1. Personal

Stress can make you sick!
Developing Stress Toughness
Some Types of People Have Greater Needs for Stress Relief
Stress Relief Comes In Several Forms

2. Work

Working with problem people
Assertiveness - getting what you want in a fair way...
Coping with "unreasonable demands"

3. Environment

Minimizing Stress in Your Working Environment
Managing Environmental Stress

Module 3: Reactions to stress

1. Behaviour reactions to positive stress

Understand where you are now...

Recognize longer-term stresses as well as short-term stress

2. Behaviour reactions to negative stress

Some common stress symptoms

3. Impact on health

The role of stress in health and illness

Why is stress now different and more dangerous?

How can stress cause so many diseases?

4. Impact on work performance

Signs of Burnout and How To Help You Avoid It

5. Impact on interpersonal relationships

How does stress challenge relationships at home and work?

How does stress affect your nervous system and undermine relationships?

How does learning to manage stress help our relationships?

What does it feel like to remain calm and focused under stress?

What are the common stress response patterns?

Module 4: Strategies to manage stress

1. Coping mechanisms

How Can I Manage Stress Better?

2. Pro- and reactive stress management

Building Defences Against Stress

Managing Chemical Stress

Managing Stress With Regular Exercise

3. Stress management plan

Stress Management Game Plan

Job Analysis - Understand the reality of your job

Delegation - Getting the help you need, when you need it

Thought Awareness, Rational & Positive Thinking

Positive Thinking and Opportunity Seeking

Emotional Analysis

Authentic Happiness

Conclusion: Perspective