

# Stress Release and Stress Reduction a One Day Primer

Stress seems like an inevitable part of life. The demands of work, home, and society can place a lot of stress on just about anyone. This one-day workshop will help you identify your personal stressors and will explore some ways to manage and prevent stress.

This one-day workshop will teach participants how to:

- Understand stress
- Be better able to deal with stressful situations
- Become more stress-resilient
- Personalize techniques to manage stress
- Develop time management and problem solving skills

## Course Overview

### Module 1: Understanding Stress

- Defining Stress
- The Causes of Stress
- The Costs of Stress
- Understanding and Managing Precipitating Factors
- Your Personal Stress Inventory
- Summary

### Module 2: Dealing with Stressful Situations

- The Triple A Approach
- Alter
- Avoid
- Accept
- Summary

### Module 3: Becoming Stress-Resilient

- Being Flexible in the Face of Change
- Dealing with Anger
- Reducing Worry
- Solving Problems
- Summary

**Module 4: Managing Stress**

- Building Supportive Relationships
- Using Humor
- Relaxation Techniques
- Nutrition, Exercise, and Sleep
- Making the Most of Vacations
- Summary

**Module 5: Managing Time to Prevent Stress**

- Redefine Your Expectations
- Getting Organized at Work
- Getting Organized at Home
- Delegating
- Saying No
- Summary