



Living Mastery

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## Stress Management

Duration: 1 day

Humans are wired to have a physical and psychological ‘stress’ reaction when facing a perceived threat, whether it is real or not. It is therefore not surprising that the incidents of stress have increased given the ever-increasing demands on our time and the hectic work schedules we endure, among other factors. As a leader, you have to know how to address stress both in your life and the workplace environment as it’s been proved to affect the bottom line when left unchecked.

This one-day workshop explores the causes of stress and the cost at both a personal and organizational level. We also look at general and specific stress management strategies that leaders can introduce into the workplace or that people can apply in their everyday life, both at work and at home.

### Learning outcomes:

This one-day workshop will empower you to:

- Understand and identify stress
- Understand the impact of stress in the workplace and in your personal life
- Recognize the symptoms that tell you when you have chronic stress overload
- Change the situations and actions that can be changed
- Deal better with situations and actions that can’t be changed
- Create an action plan for work, home, and play to help reduce and manage stress

## Topics covered in this course:

### Module 1: Understanding Stress

- ❖ Defining Stress and how it affects us
- ❖ What Is Stress about
- ❖ Types of Stressors
- ❖ Negative Stress and Positive Stress

### Module 2: Dealing with and Reducing Stress

- ❖ The causes of Workplace Stress
- ❖ Impact of Stress in the Workplace: Absenteeism, Presenteeism, Physical Effects, Psychological Effects
- ❖ The ABC of Stress Control
- ❖ The Triple A Approach and Strategies to address Stress
- ❖ Stress Management Techniques: Environmental Relaxation and Physical Relaxation, Time Management, Delegation
- ❖ The role of the Leader in introducing workplace Interventions to address Stress

### Module 3: Your Battle Plan

- ❖ Assessing your current situation and identifying stress triggers and indicators at home and at work
- ❖ Identifying the things that energise you at work and at home
- ❖ Monitoring the stress levels in your life
- ❖ Developing a Plan to deal with Stress at home and at work