

Stress Relief 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.

How You Will Benefit:

- 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

What You Will Cover:

- ▶ Defining stress
- ▶ The causes and costs of stress
- ▶ Understanding and managing precipitating factors
- ▶ Holmes-Rahe stress inventory
- ▶ The triple A approach: Alter, Avoid, and Accept
- ▶ Being flexible in the face of change
- ▶ Dealing with anger and worry
- ▶ Solving problems
- ▶ Building supportive relationships
- ▶ Using humor
- ▶ Relaxation techniques
- ▶ Nutrition, exercise, and sleep
- ▶ Making the most of vacations
- ▶ Redefine your expectations
- ▶ Getting organized at work and at home
- ▶ Delegating and saying no

Name of City and Date of Event

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What's Included:

- Instruction by an expert facilitator
- Small interactive groups
- Specialized manual and course materials
- Personalized certificate of completion

TIME: 9am – 4pm. *Prices and dates are subject to change.

Pre-Registration Form:

Stress Relief and Stress Reduction: A One Day Primer

Yes Enroll me now

Participant Name (*Please Print*)

Position

Immediate Supervisor

Organization

Organization Address

ZIP _____ Telephone # _____

Fax _____ E-Mail _____

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