



Training Topics:

- **Understanding Stress:**
 - What is Stress?
 - Types of Stress
 - Symptoms of work stress
 - Causes of Harmful Work Stress
 - Exercise: Personality and Stress Questionnaire
 - The Power of Perception
 - Reaction to Stress
- **Managing Stress:**
 - Fight or flight
 - Skills to manage stress
 - Stress management:
 - Action oriented skills
 - Emotion oriented skills
 - Acceptance oriented skills
- **Stress Management Techniques:**
 - **Action-oriented skills:**
 - Job Oriented Analysis
 - Stress Diet
 - Physical Exercise
 - **Emotion-oriented skills:**
 - Positive Attitude
 - Imagery
 - **Acceptance-oriented skills:**
 - The Power of R & R (Rest and Relaxation)
 - Physical Relaxation Techniques
 - Thought Awareness

Tips on Handling Stress



Stress Management Training



Training Hours:

The duration of the training program will be 8 hours