

Stress management training program outline

Duration:- 2 days

Objective: While every person would want to remain far and beyond the situations, classified as 'Stress', the ability, which one requires to prevent or manage stress, depends more on basic and simple mindset, instead of a cultured one. And this knack is cultured on the flair to view situations as they are, not as they appear to be. This two days orientation to taste and test this latent talent is worth attending to make one able to prevent or manage 'Stress' in day to day functions for self as well as for people around.

Key takeaways from the program:

- 1) Determine what makes certain situations look like 'Stress'.
- 2) Find ways to identify 'Stress' situations proactively, before these envelope one completely.
- 3) Good and bad stress – Eustress and Distress
- 4) Discover elements resulting into 'Stress'
- 5) Stress symptoms
- 6) Awareness about factors which magnify 'Stress'.
- 7) External and Internal issues.
- 8) Check different stages of a 'Stress' as these impact people.
- 9) Manage self during 'Stress'– facing or fleeting.
- 10) Is it possible to prevent 'Stress'?
- 11) Explore how to minimize or neutralize 'Stress'.
- 12) How can one immune oneself to 'Stress'?
- 13) Ownership towards 'Stress'
- 14) Learning from 'Stress' situation
- 15) Preventing others from 'Stress'
- 16) Types of 'Stress' factors
 - Physical
 - Emotional
 - Situational
 - Environmental
- 17) Recommendation to overcome stress

Recommended number of participants: Maximum 20 people.