



Practical Stress Workshop



Workshop Overview

Stress Check Training Packages

Practical Stress Awareness

‘Recognise, Respond, Resolve’

“Practical Stress Workshop” is an introduction to stress, its effects and how to deal with it.

It is a 2 hour workshop which includes explanations, group discussions, exercises and practical work. Each delegate will receive a copy of our book, *Beating Stress*[™] to be used as a reminder of the course and for the individual to use in their own time to help them cope with stress. *Beating Stress*[™] has a *Stressdot Card*[™], with 10 *Stressdots*[™] attached.

Practical Stress Workshop

Timings - 3 Hours

Workshop Overview

“Practical Stress Workshop” is an introduction to stress in all areas of our daily lives, how it affects us and how to deal with it. We firmly believe that being aware of what makes us and others stressed is the basis to successful stress management. It is a two hour workshop which includes explanations, group discussions, exercises and practical work.

Aims

To provide a stimulating, interactive workshop with the following learning outcomes

- Improved awareness of stress and its effects on the individual participants
- Practical techniques to avoid stress build up in everyday situations
- Simple techniques to manage and dissipate stress

Room Layout

The course will normally have 10 delegates and the trainer will ask for the room to be set up with desks in a 'U shape' with each delegate having a glass and bottled water.

The room will require the following:

- Flipchart
- Projector (if appropriate)
- Projector screen (if appropriate)

Each delegate will receive during the course:

Delegates receive a Stressdot Card with Stressdots attached, a workbook including an action plan, a copy of our book, Beating Stress, and a smiley pen.

1. Introduction

Duration 5 minutes

- Introduction
- Aims & Objectives
- Agenda
- Housekeeping

2. Understanding stress

Duration 20 minutes

- What is stress?
- Types of stress
- The cumulative effect of stress
- Exercise "*Stress Builds Up*"

3. Stress and YOU!

Duration 25 minutes

- Stressors in your life and how they affect you
- Exercise "*My Stressors*"
- Using Stressdots

4. Avoiding stress impact

Duration 50 minutes

- Transmitters, dumpers and carriers
- Simple assertiveness
- The 'three part message'
- Dealing with daily dramas

5. Controlling Stress

Duration 40 minutes

- WASP
- An introduction to Abdominal Breathing
- Delegates to identify ways to reduce stress
- Discuss to commit to at least one of these for themselves

6. Managing stress

Duration 20 minutes

- Practical tips and techniques to avoid stress
- Everyday techniques to manage stress

7. Recap and action planning

Duration 10 minutes

- The stress cycle
- Personal actions, my favourite tips
- Cause, Control and Cope



**For more information about Stress Check Training Ltd
visit our website www.stresschecktraining.co.uk
or call 01904 413560**