

# Stress Management

Training Course	Stress Management
Course Language	English
Course Duration	Total Number of hours : 18 hours
Course Objectives	<p>Identify the best approaches to emotional management to reduce stress</p> <p>Understand what lifestyle elements you can change to reduce stress</p> <p>Understanding and minimizing the root causes of stress</p> <p>Use environmental and physical relaxation techniques</p> <p>How to increase happiness</p> <p>Use a stress log to identify stressors and create a plan to reduce or eliminate them</p>
Course Content	<p>Course Key Topic Area Includes:</p> <p>Module One : Introduction</p> <p>Module Two : Understanding Stress</p> <p>Module Three : Dealing with positive and negative emotions</p> <p>Module Four: Mental chemistry of emotional control</p> <p>Module Five: Regulating internal and external emotions</p> <p>Module Six : Managing strong emotions</p> <p>Module Seven : Using routines to reduce stress</p> <p>Module Eight : Environmental relaxation techniques</p> <p>Module Nine : Physical relaxation techniques</p> <p>Module Ten : Creating happiness zones</p> <p>Module Eleven : Conflict reduction</p> <p>Module Twelve : Closure</p>

At the end of the program the trainees will be able to:

## Learning Outcomes

- Identifying the best emotional approach to a stress management
- Understanding what lifestyle elements you can change to reduce stress
- Using positive routines to reduce stress
- Using environmental and physical relaxation techniques
- How to generate happiness?
- Using a stress log to identify stressors and create a plan to reducing or eliminating them

Course Material  
/Technology  
used/ Details  
Relevant to the  
course.

Classic training methods including

- Explanations
- Demonstrations
- Asking questions and discussions
- Practical actions:
  - Mini cases
  - Role play
  - Group activities
  - Brainstorming
  - Visual critical thinking using LEGO serious play methodology