



the Management Development Institute

business and management education since 1981

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Stress Management

Code: CP94-584

Duration: 1 day

Series: Personal Development

Understanding Stress

The Effects of Stress on Emotional Health
Recognizing Stress
Testing Your Stress Level
Identifying Behaviour Patterns
The Three Stages of Stress
Identifying the Symptoms of Stress
The Effect of Stress on the Physical Self
Keeping the Adrenaline in Check
Examining Workplace Stress
Understanding Occupational Burnout
Finding the "Right" Amount of Stress

Taking responsibility for your own stress

Identifying the Stress in Your Life
Coping with Stress
Alleviating Stress at Work
Expressing Your Feelings
Using Stress Releases and Safety Valves

Reducing Stress

Understanding Biofeedback
Developing Mindfulness
Practicing Meditation






Improving Relationships with Self and Others

Accepting Yourself as a Unique Individual
Sorting Realistic from Unrealistic Expectations
Assessing Your Strengths
Acknowledging Universal Human Needs
Building Better Relationships
Recognizing Negative Relationship Patterns

Enhancing Your Emotional Health

Understanding Emotional Maturity
Expressing Emotions Appropriately
Exploring Your Own Emotional Fitness
Building Self-Confidence
Solving Problems Openly
Ten Tips for Maintaining Emotional Fitness
Setting Personal Goals
Reviewing Your Personal Goals

By completing this course, participants will learn how to:

-  Define stress and understand its effects on emotional health
-  Examine strategies for coping with stress
-  Employ mindfulness meditation techniques
-  Make personal contacts positive and meaningful
-  Explore ways to attain and maintain emotional maturity

Prerequisites: None