



Course Name

Stress Management

Course Duration

One Day

Course Objectives

This course covers aspects of stress management for individuals and for managers. A stress pack is provided with stress assessment forms.

Course Content

- **Stress Free vs. Stress Smart**
 - Learning how to become stress smart
 - Tips on how to be functional when you're sad or upset
 - Getting the "Devine Ah-Ha"
- **Change Skills**
 - Developing change skills to help you cope with stress
 - Taking the "Fat Test"
 - Discovering the importance of balance in your life
 - Helping others through stressful situations
- **Support Mechanisms**
 - Four Unconditional support mechanisms that can help you weather depression
 - The Magnet Theory
 - Why changing the stories of your life is important to your self-image
- **What are your "Leg Lifters"?**
 - The secret to stress management
 - The Test Pilot Syndrome
 - How balance is pivotal to stress management
 - Identifying and learning to cope with your "Leg lifters".
 - How your energy level is like a pie and self-esteem affects the slices
- **Signs of Burnout**
 - The 5 signs of burnout – how to tell when you're there
 - Where are you on the self-esteem circle?
 - Learning why healthy self-esteem is "mobile"
- **Stress Balancers**
 - Learning a system for rating difficult people
 - Six stress balancers to help you increase your self-esteem and reduce stress
 - Taking 36 exposures of yourself: how to accept good and bad qualities
- **Difficult People**
 - The Eye Contact Story
 - Jerk Skills: tips you can use on difficult people
 - Difference between anger and hostility
 - The Teacup story
 - The Banana story: letting go of unwanted stress
- **The Marble Theory**
 - Reviewing the Banana and Teacup stories
 - Marble Dumping – 4 ways to vent judgments and criticisms positively
 - How to reduce stress!!

Continued overleaf



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- **Neutralising and the Salami Theory**
 - Staying in neutral
 - Tips to avoid Pizza burns
 - The salami theory
 - The 4-8-12-16 theory
 - Successful ways of dealing with guilt
 - Balancing goals for work, home and health
- **Six ways of Relieving Stress**
 - Personality types – how do they differ?
 - How you determine a situation determines your stress levels
 - Sink or swim!
- **The Hawaii Story**
 - Coping with stress by accepting change
 - Why owning problems is essential to stress management

Prerequisites

There are no prerequisites for this course.

Interested in this course?

Contact us today to see how Insight can tailor training to suit your needs. Call us on **08452 306 099** or visit our website **[insighta.co.uk](https://www.insighta.co.uk)**