MERCURY

# Stress Management and Stress Reduction Course

3 – 7 May 2027
Brussels (Belgium)



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**Ref:** 15290_273596 **Date:** 3 – 7 May 2027 **Location:** Brussels (Belgium) **Fees:** 5600 Euro

## Introduction:

Stress is a universal phenomenon increasingly confronting people with overwhelming demands and time constraints in their daily lives. While a certain degree of stress can serve as a motivating force, excessive, chronic stress can lead to a persistent activation of the body's stress response system.

Elevated levels of cortisol, the body's stress hormone, can heighten the risk of a myriad of both mental and physical health issues, including but not limited to insomnia, heart disease, obesity, depression, memory impairment, and others. Acknowledging the presence of distress is crucial, as it accounts for nearly 50% of work absenteeism, directly or indirectly, from stress.

In an exceedingly competitive environment, individuals are pressured to excel in various aspects of life, including career, family, and social circles. Over time, this can diminish one's life expectancy due to the constant struggle against stress. Setting clear goals is vital to any stress management and reduction training program.

It ensures that individuals and teams have measurable objectives to target when implementing stress reduction strategies. Stress management benefits include enhanced well-being, improved mental health, and increased efficiency and productivity, consequently leading to its advantages in personal and professional contexts.

## Why Is Stress Management Important?

Understanding the why behind stress management is as important as the how in today's fast-paced world. Stress management training can provide significant benefits for both individuals and organizations. Employers who offer stress management training for employees not only contribute to a healthier workforce but can also reap the advantages of stress management, such as improved productivity, decreased absenteeism, and a positive workplace environment. Thus, the importance of embedding a comprehensive stress management program into organizational culture cannot be overstated.

## Targeted Groups:

- Professionals are navigating stressful work environments.
- Office Managers are seeking to foster a more harmonious work atmosphere.
- Managers, supervisors, team leaders, and top management officials strive to enhance their team's resilience to stress.
- Target-driven employees who want to maintain peak performance without succumbing to burnout.
- Individuals keen on mastering effective techniques for time management and stress reduction.

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## Course Objectives:

By the conclusion of this stress management and reduction course, participants will be able to:

- Grasp the foundational principles of stress management.
- Identify personal stress triggers and learn strategies to manage them.
- Cultivate proactive responses to stressful scenarios.
- Implement strategies for managing stress across work, family, and social life.
- Embrace lifestyle modifications to address and mitigate stress.
- Formulate an actionable plan to decrease and control stress.
- Appreciate the less tangible facets connected to stress.
- Decipher the psychological underpinnings of stress.
- Discover primary therapeutic approaches used in stress management.
- Foster a relaxation-oriented mindset.
- Comprehend the role of relaxation in clinical contexts.
- Explore the psychophysiological aspects of anxiety and stress.
- Understand the basics of respiratory therapy as a means to manage stress efficiently.
- Explore pharmacological approaches as aids in triumphing over stress.

## Targeted Competencies:

After this stress management and reduction training, target competencies will:

- Define Stress and Stress Management.
- Understand the Physiology of Stress.
- Identify Internal Stress Triggers.
- Control Mental Overload.
- Consider the Medical Approach to Stress and its Alternatives.
- Manage Extreme Stress Levels.
- Apply Stress Management Treatment Techniques.
- Recognize Physical Symptoms of Stress.

## Course Content:

### Unit 1: Stress and Stress Management:

- Explore the origins and causes of stress.
- Identify common signs of stress in individuals and situations.
- Recognize and manage stress effectively.
- Convert stress into motivation energy.

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## Unit 2: The Physiology of Stress:

- Delve into the HPA Axis and its relevance to stress.
- Understand cortisol and stress hormones.
- Examine the connection between brain science and stress.
- Investigate adrenal fatigue and varying stress levels.

## Unit 3: Internal Triggers of Stress:

- Thoughts and emotions.
- Negative thinking.
- Positive thinking Mindset.
- Anxiety and Worry.
- Anger Management.
- External Triggers of Stress.
- Family and Work Balance.
- Parental strain.
- Lifestyle habits and behaviors.
- Work burnouts.

## Unit 4: Controlling Mental Overload:

- Techniques for maintaining calm and focus.
- Master decision-making, including the art of saying no.
- Embrace change and its management.
- Organize skills and time management.
- Prioritize Tasks and People.

## Unit 5: Medical Approach to Stress:

- Explore holistic therapies as non-medical approaches to stress
- Investigate the physical effects of stress on health
- Consider the brain's role, particularly cerebral lateralization
- Understand disorders of the nervous system.
- Auto-Immune Disorders.
- Respiratory system related to stress.

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## Unit 6: Handling Subjects: Extreme Stress:

- A checklist for identifying severe stress-related problems.
- Initiate and maintain effective communication cycles.
- Open the Bridge of Communication.
- Deconstruct trauma and its classifications T1, T2, T3.
- Trauma processing.
- Relaxation methods process for trauma.
- Define and treat phobias alongside survival tactics.
- Eight Horizons of Survival.
- Reacting vs. Responding to Stress Reactions.

## Unit 7: Stress Management Treatment Techniques:

- Employ breathing exercises for relaxation.
- The Respiratory System Breatheology.
- Respiration and The Nervous System.
- Use diaphragmatic breathing and breath counting.
- Incorporate exercise and muscular relaxation.
- Nutrition and dietary considerations for managing stress.
- Understand the mind/body connection in stress management.

## Unit 8: Physical Symptoms of Stress:

- Address psychosomatic stress illnesses.
- Mental indicators of stress and their implications.
- Study psychology to understand the effects of stress on the mind.
- Essential rules for stress reduction.
- Immediate aid strategies.
- The imperative role of medical professionals in stress management.

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## Conclusion:

Through this stress management and reduction training course, participants will emerge equipped with various stress reduction tools and methodologies to navigate their journey towards a healthier, more balanced life.