



## Stress Management and Stress Reduction

09 - 13 Feb 2025  
Online



# Stress Management and Stress Reduction

**Ref.:** 15290\_278978 **Date:** 09 - 13 Feb 2025 **Location:** Online **Fees:** 1500 Euro

## Introduction:

Stress is universal. Evermore people are confronting stress, overload, and the strain of time limitations in their lives. Some stress is essentially good because it stimulates you to face challenges. However, excessive ongoing stress causes a constant stimulation of the body's stress reaction system.

The excess release of cortisol, the stress hormones in the body can lead to an increased risk of many mental and physical illnesses like insomnia, heart disease, obesity, depression, memory damage, and so on.

It is vital to realize when we are in a state of Distress. 50% of absenteeism at work is a direct or indirect result of stress. And in this competitive world, the pressure to perform and be the best at work, family, and social areas increases as the years go by and reduces the lifespan of the individual struggling to fight stress.

## Targeted Groups:

- Professionals who are working in stressful ecosystems.
- Office Managers.
- Managers, supervisors, team leaders, top management officials, target-driven workforce, and any other professionals who require to understand the harmful effects of stress on their physical, mental and emotional health; and learn the advanced strategies and techniques to overcome stress and achieve an improved lifestyle.

## Course Objectives:

### At the end of this course the participants will be able to:

- Comprehend the basic rules of stress management.
- Understand your stress triggers and control them.
- Develop proactive reactions to stressful conditions.
- Use tips for managing stress in your job, family, and social life.
- Learn to handle stress through lifestyle changes.
- Develop an effective plan to diminish and curtail stress.
- Understand the intangible issues linked to stress.
- Interpret the psychological mechanisms linked to stress.
- Learn the major foundational therapies used for stress management.
- Learn the mindset designed for relaxation.
- Understand relaxation and its clinical applications.
- Learn the psychophysiological perspectives of anxiety and stress.
- Learn the basics of respiratory therapy to effectively control stress.
- Pharmacological methodologies can help in overcoming stress.

## Targeted Competencies:

- Stress and Stress Management: Defined.
- The Physiology of Stress.
- Internal Triggers of Stress.
- Controlling mental overload.
- Medical Approach to Stress - Drugs.
- Handling Subjects: Extreme Stress.
- Stress Management Treatment Techniques.
- Physical Symptoms of Stress.

## Course Content

### Unit 1: Stress and Stress Management:

- Origins and Causes of Stress
- Common Signs of a stressed-out Individual
- Common Signs of a Stressful Situation
- Recognizing and Managing Stress
- Transforming stress into Motivational energy

### Unit 2: The Physiology of Stress:

- The HPA Axis
- Cortisol and Stress Hormones
- Brain Science and Stress
- Adrenal Fatigue
- Levels of Stress

### 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 to stay calm and focused
- Mastering making choices: Learning to Say NO/ Cost of saying YES
- Change Challenge and Management
- Getting Organized and Time Management
- Prioritizing Tasks and People

## **Unit 5: Medical Approach to Stress:**

- Non-Medical Approach to Stress - Holistic Therapies
- Physical Effects of Stress
- The Brain: Cerebral Lateralisation
- Autonomic Nervous System
- Auto-Immune Disorders
- Respiratory System Disorders

## **Unit 6: Handling Subjects: Extreme Stress:**

- Checklist of Possible Problems
- Communication Cycles
- Opening the Bridge of Communication
- Trauma - T1, T2, and T3
- Trauma Process
- Relaxation Process for Trauma
- Defining and Treating Phobias
- Eight Horizons of Survival
- Reacting and Responding to Reactions

## **Unit 7: Stress Management Treatment Techniques:**

- Relaxation through Breathing
- The Respiratory System- Breatheology
- Respiration and The Nervous System
- Diaphragmatic Breathing and Counting the Breaths
- Exercise and Muscular Relaxation
- Nutrition and Diet for Stress Management
- The Mind/Body Connection

## **Unit 8: Physical Symptoms of Stress:**

- Psychosomatic Stress Illness
- Mental Symptoms of Stress
- Psychology: The Study of the Mind
- Rules for Stress Reduction
- Immediate First Aid
- Need for Medical Professionals



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Stress Management and Stress Reduction**

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