

STRESS MANAGEMENT

Session Goal:

Participants will learn how to manage stressful circumstances by way of altering their 'explanatory' style.

Overview

There is hope! Despite the stress of our jobs, family pressures, and what we read in the newspapers, we don't have to feel discouraged, dismayed, or disillusioned in response to the daily stressors that impact our lives. We can become energized and challenged by focusing on resiliency and by learning to apply the principles of learned optimism.

This workshop will assist participants in identifying and disputing pessimistic ruminations allowing them to be more energetic and productive.

Objectives:

Participants will be able to:

1. Identify the differences between pessimistic and optimistic explanatory styles while exploring their value and limitations.
2. Understand the well-researched role that optimism plays in healthy responses to stressful circumstances.
3. Apply the scientifically validated principles of optimism in their working world.

Topics:

1. Impact of Ruminating
2. Stress-Response or "Why Zebra's Don't Get Ulcers"
3. Explanatory Style: Reframing Our Habits of Thought
4. From Learned Helplessness to Learned Optimism
5. Disputational Strategies
6. Action Planning

Duration: 4 hours



*You got to know when
to hold 'em, know when
to fold 'em, know when
to walk away and know
when to run.*

—Kenny Rogers, *The Gambler*



Joel Sadowsky & Don Boyd
DANCES WITH OPPORTUNITY, LLC
520-795-3943
Jdances@aol.com
www.DancesWithOpportunity.com

*For more information about Dances With Opportunity, our
training philosophy and additional services, please see our website:
www.DancesWithOpportunity.com*