

Leadership Training Associates

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Stress Management Techniques

Objectives

Participants will be able to define stress, understand the cause of stress in their lives, measure their current stress levels, understand the relationship between stress and illness, and reduce their stress levels by using several proven techniques

Outline

Causes of Stress

Work related considerations
Situational causes
Stress at home
Self induced stress

Measuring Current Stress Levels

Work related stress evaluation
Assessment of non-work related stress

The Relationship Between Stress And Illness

The short term impact of stress on the body
Chronic stress induced illness
The impact of stress on behavior

How To Reduce Stress

Systematic problem solving skills
Interpersonal techniques
How to achieve deep relaxation
The role of exercise and diet
Support network improvement
Career/life planning
Managing time effectively
How to pick the right techniques for you