

Soft-Train



*At Soft-Train
Technology Works*

Stress Management

(1 Day)

COURSE GOAL: To enable the student to develop skills to cope with and manage stress.

PREREQUISITES: None.

LEARNING OBJECTIVES:

Upon completion of this course, the student will learn:

- Overcome stressful thoughts, beliefs, and emotions
- How to get your needs met
- Self-reflection
- Communication skills
- Self-acceptance
- Self-compassion
- How to listen to your inner voice
- Physical relaxation techniques
- Overcoming anxiety/panic attacks without medication
- How to live in the present moment

KEY TOPICS:

- I. Why Bother?**
 - A. My Stress Story
 - B. Stress and Change
 - C. Drugs and Stress: The Band-Aid Approach
 - D. Mind/Body Programs: A Better Way

- II. What Is Stress and How Can We Manage It?**
 - A. The Mind/Body Connection
 - B. Types of Stressors
 - C. Thoughts and Beliefs
 - D. Strategies for Health and Inner Peace
 - E. Where You Can Begin

- III. What Research Tells Us About Stress**
 - A. The Early Years
 - B. Current Theories of Stress
 - C. Physiological Research

- IV. Stress Can Make You Sick**
 - A. The Common Cold
 - B. Mononucleosis
 - C. Heart Disease
 - D. Immune System Functions

- V. What Makes Us Stress-Resilient?**
 - A. Stress Hardiness
 - B. Control
 - C. Self Efficacy
 - D. Optimism
 - E. Hope
 - F. Expressing Emotions
 - G. Social Support
 - H. Spirituality

- VI. Treating the Mind and Body as One**

- A. Meditation and Relaxation Training
 - B. Guided Imagery
 - C. Group Support
 - D. Cognitive Therapy
- VII. The Physical Connection**
- VIII. The Role of Thoughts, Beliefs and Emotions**
- A. What Are Thoughts?
 - B. Self-Concept and Self-Esteem
 - C. Internal Validation/Listening to Your Inner Voice
 - D. Limits and Boundaries
 - E. Emotions
 - F. When Thoughts and Emotions Are Stressful
 - G. The Stress Response Profile
 - H. Managing Stress by Choosing to Think Differently
- IX. Stress, Spirituality and Inner Peace**
- X. Do It Now! Strategies for Relieving Stress**
- A. How to Begin: Daily Program
 - B. Healing Breath Work
 - C. Peaceful Wake-Up Call
 - D. Meditation/Relaxation
 - E. Questions About Meditation Practice
 - F. Mind/Body Checks
 - G. Identifying Negative Self-Talk
 - H. Recognizing Distorted Thinking
 - I. Eliminating Negative Self-Talk and Distorted Thinking
 - J. Evaluating and Eliminating the “Shoulds”
 - K. Using Affirmations
 - L. Identifying Your Needs
 - M. Getting Your Needs Met
 - N. Self-Reflection
 - O. Coping with Worry
 - P. Dealing with Guilt
- Q. Working with Emotions
 - R. Laughter
 - S. Exercise
 - T. Improving Your Diet
 - U. Using Effective Communication
 - V. Building Stress Hardiness
 - W. Seeing Options: The Story of Viktor Frankl
 - X. Life Planning
 - Y. Overcoming Struggle
 - Z. Loving Detachment
 - Self-Acceptance
 - AA. Self-Compassion
 - BB. Self-Love
 - CC. Living in the Present Moment
 - DD. Gratitude
 - EE. Wonder
 - FF. Listening to Your Inner Voice
 - GG. Volunteering
 - HH. Inner Peace
- XI. Overcoming Panic Attacks without Medication**
- A. First, See Your Health Care Practitioner
 - B. How Panic Attacks Occur
 - C. Controlling and Eliminating Panic Attacks
- XII. “Yes, but...” Overcoming Resistance to Change**
- XIII. Self Responsibility: Tapping into Your Personal Power**
- XIV. Success Stories**