

## Managing stress and building resilience

Actively work to identify and reduce stress and build resilience

### Course Objectives

- Identify the causes of stress and its symptoms both short and long term
- Understand the 3 types of stress that may exist in our lives
- Practice techniques to help stay calm in stressful situations
- Implement simple time management practices to overcome episodic stress
- Understand what resilience and its benefits are
- Recognise characteristics of resilient people
- Implement 10 techniques to become more resilient

### Customisation

StressLess Learning works in partnership with clients to customise and refine all course content and duration to suit both organisational goals and individual learners requirements.

All course outlines are therefore to be used as a guide only.

### Duration

Flexible

### Target Audience

Anyone looking to learn how to stay calm and in control when faced with stressful situations as well as being able to manage and recover more quickly from challenges and adversity by becoming more resilient for future stressors in life.

### Course Outline

#### Understanding stress

- Recognising stress
- Short term symptoms of stress
- Long term symptoms of stress
- Stressors
- Are you stressed?

#### Types of stress

- Acute
- Episodic
- Chronic
- Perception of stress

#### Strategies for dealing with acute stress

- Diet and exercise
- Breath control
- Being social
- Separate feelings of self-worth from other issues
- Deflect don't defend

#### Strategies for dealing with Episodic stress

- Managing your time
- Understanding priorities
- Learning to say no
- Having a purpose
- Mindfulness

#### Strategies for dealing with chronic stress

- Chronic stress and resilience
- Long term strategies

#### Resilience

- What is resilience
- Why be resilient
- Resilient people
- Natural or learned
- How Resilient Am I?
- Resilience and chronic stress
- Escaping chronic stress
- Making the change

#### 10 Resilience techniques

- Accepting inevitability
- Fostering relationships
- Having life goals and purpose
- Becoming more optimistic
- Seeing the bigger picture
- Problem solving
- Becoming more confident
- Mind, body & spirit
- Embracing change
- Becoming proactive