

STRESS MANAGEMENT

Objective:

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression.

Content Outline:

- Module One: Getting started (2 hours)
- Module Two: Understanding Stress (2 hours)
- Module Three: Creating a Stress-Reducing Lifestyle (2 hours)
- Module Four: Altering the Situation (3 hours)
- Module Five: Avoiding the Situation (3 hours)
- Module Six: Accepting the Situation (3 hours)
- Module Seven: Using Routines to Reduce Stress (3 hours)
- Module Eight: Environmental Relaxation Techniques (2 hours)
- Module Nine: Physical Relaxation Techniques (3 hours)
- Module Ten: Coping with Major Events (3 hours)
- Module Eleven: Our Challenge to You (2 hours)
- Module Twelve: Wrapping Up (2 hours)