

Stress Management

Introduction

- * Do you feel stressed out at the end of the working day ?
- * Do you hate going to work on Mon morning ?
- * Do you have constant nagging headaches and body aches ?
- * Do you find yourself being grumpy and irritable with your loved ones ?

If the answer to any of the above questions is " Yes", then please read on. Stress has become an integral part of modern day living. Stress is required for our survival but when the stress becomes too much then it can have major negative consequences on our health and well being. The need to succeed, perform and achieve in todays world has become intense and this pressure is creating all kinds of unhealthy stress. If we dont quickly deal with this, it can lead to disastrous consequences including relationship breakdowns, alcoholism, drug addiction, depression, mental breakdown and suicidal tendencies.

What is the workshop about ?

The "Stress Management" workshop is a full one day workshop that will help you to understand how to effectively deal with stress and make it your best friend and make it work for you instead of against you. We will show you tools and techniques that you can use on a regular basis in order to avoid stress in your life. This will also enable you to become more effective and productive with a lot more energy.

What will you learn at the workshop

- * How to relax physically and mentally
- * How to overcome fear
- * Becoming congruent with your values
- * Find balance in life
- * How not to be a perfectionist
- * How to reward yourself and celebrate success

Content

- * Understanding Stress and its impact
- * Causes of Stress
- * Types of Stress - Albrecht's Four Types of Stress
- * The Holmes and Rahe Stress Scale
- * Managing your boundaries
- * The breaking point
- * Positive thinking Vs. Negative thinking
- * Perfectionism
- * Fear of Failure / Fear of Success
- * Importance of good sleep
- * Dealing with anxiety
- * Meditation / Yoga
- * Balance in Life
- * Reward & Celebration
- * Inspired Goal Setting

Outcomes

- * You will be able to overcome the negative impact of stress
- * You will master stress and use it to your advantage
- * You will be able to balance your life in all aspects
- * You will be able to set inspired goals
- * You will learn how to celebrate and reward yourself
- * You will be able to relax when and where you choose
- * You will be able to overcome fear and anxiety
- * You will become a positive thinker

Who should attend this workshop ?

- * Anybody who is looking for peace of mind, happiness and a sense of fulfillment
- * Students (Specially high school and university)
- * Employees / Supervisors / Managers
- * Parents
- * Entrepreneurs