



Virtual Classroom

Successful Stress Management

Staying calm under pressure

In this course you will discover how you can maintain physical and mental well-being and maintain high performance in the face of rapid change and highly demanding work environments. Understanding the mechanisms of the stress process, the tools available to manage stress and how to develop your own personal program of response is key to maintaining your inner balance and outer performance.

Booking number

31888

Learning time

4 x 4 hours

Price

individually on request

**Learning objective**

- ✓ understand how your stress arises and how to manage it
- ✓ discover your own patterns of reaction to stress
- ✓ find your personal approach to stress management
- ✓ maintain your physical and mental well-being in times of stress
- ✓ build resilience in times of rapid change
- ✓ learn to regenerate more quickly
- ✓ learn and practice good coping skills
- ✓ learn to respond to your own needs more effectively
- ✓ establish simple sustainable techniques for stress reduction in your daily routing

**Content**

- What is stress?
- measuring stress
- how stress affects mind and body.
- exploring coping mechanisms
- managing your mind
- discover your triggers
- activate your inner resources
- reflect on problems and find new solutions
- consciously regulate your own responses
- staying balanced
- your strategies
- explore your work/life balance
- mindfulness as an approach to find inner calm
- dealing with high work load
- what successful people do
- regeneration and relaxation techniques
- the power of breaks
- your personal program

