

Stress Management 2 Day Tutorial

INTRODUCTION:

Welcome to the RealLife Stress Management Programme - your practical, holistic guide to conquering the damaging stress that's part and parcel of our busy lives.

Stress is all around us and affects us all - but it isn't the same for everyone, and each of us handles it differently. One person's challenging pressure is someone else's debilitating stress.

Techniques that work well for you might not be so effective for me.

There is no single 'right answer', and that's why we want to help you build *your own personal toolbox of stress management skills*.

COURSE OVERVIEW:

We start this course by taking an in-depth look at stress, exactly what stress it is and how to deal with it.

We show you how to identify your unhealthy stress, and then give you a number of strategies to help you effectively manage and deal with any areas you want to change.

Remember, not all stress is bad, some stress is good and can be healthy - plus it's often a great motivator.

Throughout the programme we take a holistic approach to stress management and consider both manager and employee in the workplace, as well as how to cope outside work and maintain a healthy work-life Balance

TOPICS INCLUDE:

- ④ Identifying and fully understanding what stress actually is
- ④ How stress effects our performance, physical body and behaviour
- ④ The importance of becoming aware and then taking responsibility by implementing simple strategies to make desired changes to reduce stress

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WE ALSO LOOK AT:

- ④ Health and nutrition and supplements
- ④ How to keep your body strong and energy high during times of stress
- ④ How to avoid illness, a lowered immune system and associated stress symptoms and illnesses
- ④ Exercise and relaxation
- ④ Calming breathing techniques
- ④ Quick, easy-to-apply two-minute techniques that you can practice anywhere, such as in your car, in a demanding meeting, at the office or at home

UNIQUE APPROACH

Our course is different from most because it lets you take a look at the real reasons you may be stressed and **what you and only you** can do about it. Based on various coaching and therapy techniques - including NLP (Neuro Linguistic Programming), CBT (Cognitive Behavioural Therapy) and TA (Transactional Analysis) - this course allows you to consider all the possible reasons and solutions and make your own conclusions, providing you with your own unique stress management and change strategies.

Although we use many different theories and strategies, we keep it simple, easy to understand and easy to apply.

SUCCESSFUL STRESS MANAGEMENT

By the end of this course you'll have a much deeper awareness of how you create your own stress and what you can do about it. You'll discover that around **80 per cent of the stress you currently suffer is in your head!** And you'll find out what you can do to **change it for good.**

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DAY ONE

Session 1 INTRODUCTIONS

- Introductions
- Programme overview
- Individual objectives and expectations
- Learning styles
- Beliefs.

Session 2 UNDERSTANDING THE NATURE OF PRESSURE

- Define pressure
- Explore generic and individual causes of pressure
- Examine optimum levels of pressure
- Look into the dangers of stress
- Define different behavioural types.

Session 3 RECOGNISING PRESSURE

- Changes in behaviour
- Changes in performance
- The instinctive human response to pressure
- Changes in thinking
- Recognising what we can change and influence.

Session 4 PRACTICAL GUIDANCE

- Managing mental state
- Thinking positively
- Communicating effectively and using support from others
- Creating the right environment
- Adopting appropriate systems and routines.

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Session 5 EXPERIENCING FREEDOM FROM STRESS

- Exercise
- Relaxation and practical techniques

Session 6 NUTRITION AND CURRENT HEALTH

- Acid and Alkaline principal
- Hydration
- PH saliva test to assess level of acidity in the body

DAY TWO

Session 1 REVIEW OF DAY ONE AND QUESTIONS

Session 2 TAI CHI CHI KUNG

- Introduction to the key energy centres within the body
- The concept of balance, energy flow and the bodies ability to heal itself
- Gentle warm up exercises to connect with the energy centres
- Six easy exercises of Tai Chi Chi Kung
- Breathing and relaxation exercises to create energy

Session 3 PRACTICAL NUTRITION DEMONSTRATIONS, SAMPLINGS AND SUPPLIMENTS

- Food and drink alternatives
- Where to buy good quality food
- Food demos and samplings
- How to take and prepare supplements
- How to make easy effective long lasting changes

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Session 4 ALPHA WORK

- The different brainwave cycles naturally occurring in everyday life and how these can be controlled by the individual
- How the Alpha waves generate more focus, awareness and relaxation
- How to consciously trust the unconscious mind to create 'internal assistants' to help achieve more with less stress
- Guided meditation into the Alpha state
- Creating and connecting with 'internal assistants'

Session 5 IMPROVE YOUR MEMORY

- Why cant we remember things when were stressed?
- Memory pegs, links and developing the creative side of the brain
- Installing memory pegs into the Alpha state and anchoring
- Memory exercise

Session 6 PLANNING AND REVIEW

- Identify work and life areas needing to be addressed
- Issues, options and ability to make changes
- Goal setting, which areas to address and by when
- Making changes that last by forming new habits
- Delegates can send a copy of their goals to a Realife coach who will then send a follow-up email in a month's time to ensure their goals and objectives have been or are being met and provide any assistance required to keep up the momentum.