Managing Stress and Achieving Wellness

Course Code:
ASKSAW

Course Duration:
1 days (8 hours), 9.00am - 5.00pm

Course Fee:
$600 ($654 Inc. 9% GST) per participant

Course Venue:
Hotel

Course Dates:
https://asktraining.com.sg/course-schedule/

Course Synopsis

Have you ever felt overwhelmed by demands at work, at home and in your social and personal lives?

In a fast paced, high tech environment in which we operate, there is increasing demand to achieve balance between work, family and your personal life.

This highly inter-active workshop will provide insights into the causes of stress both physical and psychological.

You will to learn to identify the symptoms of stress so that you can help yourself and others to seek solutions before you reach breaking point.

Understand the stress relief techniques to better manage your mind, body and soul. Eventually, you can be in charge of your mental and physical wellbeing.

Course Objectives_____

By the end of this course, you will be able to apply the knowledge and techniques learnt to:

- Use stress as a motivator and recognize the symptoms of burn out

- Recognize how our thinking and personality contributes to stress

- Practice good eating habits and promote health through regular exercise

- Practice stress relief techniques like breathing and visualization exercises

Course Outline_____

- Understand what is macro and micro stress

- Personal stress check exercise- self evaluation

- Adaptive and mal-adaptive solutions to stress

- Recognising the symptoms of stress, physical, mental, emotional

- Video case studies of individuals who face stress ad their reactions

- The four major sources of stress, work, family, social and personal

- Reducing stress by applying time management skills

- Managing negative emotions like anger so as to alleviate stress

- Positive thinking techniques to harness the power of the mind

- Our eating habits and how it contributes to stress reduction

- Exercise and its benefits to stress reduction and wellness

- Sleep and rest – the importance of restful sleep and mental breaks

- Rewarding the senses and reducing stress through aroma therapy, pet therapy, massage, stretching,

  laughter therapy and music therapy