

EAC Training

OUTLINE

- Topic:** **Stress Management**
- Description:** The Stress Management program is designed help employees (1) identify major causes of stress, (2) assess current levels of stress, and (3) apply effective techniques that can reduce stresses experienced at work and at home. The program begins with an exercise that quantifies levels of stress associated with specific work-related and personal events in a person's life. Physical and emotional symptoms of stress are explored along with illnesses that can develop as a result of persistently high levels of stress. Participants are exposed to a conceptual framework that focuses on both the harmful as well as the beneficial functions that stress serves in our lives. Specific stress reduction techniques are introduced, and small group discussions follow, which provide a format for examining some of the stressful events that the participants are currently experiencing in their lives. In the smaller groups discussions, participants are also encouraged to share techniques they have found helpful in reducing stress. Finally, participants are taught to concentrate on the things in their life that they can control instead of focusing on matters that are beyond their ability to influence.
- Equipment:** White board or flip chart; markers
- Room Arrangement:** The optimal set-up for this session is seating that allows participants to break out into smaller groups (5 to 7 participants per group) for discussions centering on stressful events and techniques for reducing stress.
- Number of People:** This training is best facilitated with a range of 20 to 40 participants
- Time:** 1.5 Hours
- Delivered by:** Dan Fogel
Ron Scott