Stress statistics for Australians are on the rise. Global disasters, economic hardships, work, relationships, all combine to increase anxiety that manifests itself in heart disease, lost work hours and even death.

These Stress Management workshops from pdtraining will teach how to manage stress, how to maximise positive stress, how to use routines, relaxation techniques and much more.

This dynamic training course is available now throughout Australia including, Brisbane, Sydney, Melbourne, Adelaide, Canberra and Perth.

Stress Management Training Course Outline

Foreword:

Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system.

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<tr>
<th>Learning Outcomes</th>
<th>Course Length</th>
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<td>Master the three &quot;A's&quot; of a stressful situation: Alter, Avoid, Accept</td>
<td>1 – day</td>
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<td>Learn what lifestyle elements can be changed to reduce stress</td>
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<td>Use routines to reduce stress</td>
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<tr>
<td>Learn environmental &amp; physical relaxation techniques</td>
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<td>Learn how to cope with major events</td>
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<tr>
<td>Learn how to use a stress log to identify stressors &amp; create a plan to reduce or eliminate them</td>
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Stress Management Training Course - Lesson 1
Understanding Stress

- What is Stress?
- What is Eustress?
- Understanding the 'Triple A' approach

Stress Management Training Course - Lesson 6
Using Routines to Reduce Stress

- Planning meals
- Organising chores
- Using a To-Do list

Stress Management Training Courses are delivered by pdtraining’s Stress Management training specialists in Brisbane, Sydney, Melbourne, Adelaide, Canberra, Perth and Australia wide.
### Stress Management Training Course - Lesson 2
**Creating a Stress-Reducing Lifestyle**
- Eating properly
- Exercising regularly
- Sleeping well

### Stress Management Training Course - Lesson 7
**Environmental Relaxation Techniques**
- Finding a sanctuary
- Using music
- Seeing the humour

### Stress Management Training Course - Lesson 3
**Altering the Situation**
- The First 'A'
- Identifying appropriate situations
- Creating effective actions

### Stress Management Training Course - Lesson 8
**Physical Relaxation Techniques**
- Soothing stretches
- Deep breathing
- Tensing and relaxing
- Medication

### Stress Management Training Course - Lesson 4
**Avoiding the Situation**
- The Second 'A'
- Identifying appropriate situations
- Creating effective actions

### Stress Management Training Course - Lesson 9
**Coping with Major Events**
- Establishing a support system
- Creating a plan
- Knowing when to seek help

### Stress Management Training Course - Lesson 5
**Accepting the Situation**
- The Third 'A'
- Identifying appropriate situations
- Creating effective actions

### Stress Management Training Course - Lesson 10
**Our Challenge to You**
- Creating a stress log
- Week One: recording events
- Week Two: identifying stressors and creating a plan
- Week Three: creating new habits
- Reviewing and evaluating

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**Web Links:**

View this course outline

In-House Training – *Instant Quote*

Public Classes – *Enrol Now!*