

Rhema Skills Development Courses

Course Title: Stress Management

Duration: One Day

Course Objectives:

As a result of this course you will be able to:

- Understand the causes of stress
- Identify what causes stress for you personally
- Manage the physical, behavioural and emotional aspects of stress
- Use a range of strategies for managing stress in yourself and others
- Construct a personal stress management plan

Course Content:

- Stress – separating the fact from the fiction
- How prone are you to pressure? What creates pressure for you?
- The twelve stress vulnerability factors
- Stress and your personality
- Identifying the physical, behavioural and emotional signs of stress in yourself
- Identifying stress in others
- Ten strategies for managing stress in yourself
- Relating the ten strategies to yourself and others
- Constructing a stress management plan
- Managing your own stress effectively