

Stress Management Skills

Course Duration: 1 Day



Course Overview

Positive and negative stress is a constant influence on all of our lives. The trick is to maximise the positive stress and to minimise the negative stress. Learners will be shown how stress can be positive and negative and throughout the course participants will explore the Triple A approach that will form the basis of this course.

The Stress Management course will give learners 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. They will also understand what lifestyle elements they can change to reduce stress.

Workshop Objectives:

- Identify the best approach to a stressful situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce stress
- Use routines to reduce stress
- Use environmental and physical relaxation techniques
- Cope better with major events
- Use a stress log to identify stressors and create a plan to reduce or eliminate them



Further information

For further information about this course please contact an AGT

Learning & Development Consultant on 1300 784 408

A full list of courses can be found at www.agt.edu.au



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