

# Stress management

Stress is an inseparable part of our life that has accompanied us from the beginning of humanity. In psychological terms, it is the body's response to any change or stressing stimuli that occur in the environment. Stress itself is a positive phenomenon that keeps our body ready for action. However, its long-term action causes exhaustion of the body, which has negative consequences for both effective work and health.



## Purpose of the training

The training is intended for anyone who needs to deal effectively with stress and better control emotions



## Benefits of completing the training

After completing the course, the participant:

- Is able to consistently build and strengthen its value and authority.
- He knows what are the symptoms of professional burnout, he can recognize them and prevent them.
- He knows how to deal with stress in personal and business situations.
- Is aware of individual stress factors.
- He knows his style of operation in stressful situations.
- He knows how to reduce stress in stressful situations.
- Knows how to deal with overload situations



## Expected Listener Preparation

The training does not require any prior preparation.



## Training Language

- Training: English
- Materials: English



## Czas trwania

2 dni / 14 godzin

## Training agenda

1. Prevention is better than cure – how to counteract burnout?
  - My motivation to work – the role of internal motivation.
  - Symptoms of burnout and burnout protection techniques (e.g. life cycle).
  - Work & Life balance – balance is the key.
2. Building authority and self-esteem
  - Factors building authority.
  - Factors undermining the authority.
  - Building a credible image and position.
  - Building your own value – low self-esteem and its impact on shaping the image of our reality.
3. Difficult situations in communication
  - Types of emotions and their impact on communication.
  - The influence of communication style on the way of information receipt.
  - o "Difficult interlocutor" and "difficult situation".
  - Difficult situations which we can encounter in communication with the team and ways to deal with them.
  - Controlling emotions in response to criticism and ways to deal with it.
4. Balance between body and mind – coping with stress
  - Emotional intelligence – how can it help?
  - Stress curve and its impact on mental and physical health.
  - Techniques for anchoring resources and ways to deal with emotions.
5. Personal stressors
  - The conditions of exercise and the way of performing work as a stress factor.
  - Personal map of stress response – physical, psychological, cognitive and social symptoms.
  - Individual ways of working under stress on the basis of the Stress / Difficulties Questionnaire.
6. Methods of coping with stress and reducing tension
  - Jacobson's relaxation technique.
  - Autogenic Schultz training.

- Work with the body.
- Anchoring emotional states.
- Reframing.
- Respiratory techniques.
- Imagination as a method of stress level control.
- Cognitive-behavioral techniques.

#### 7. Individual plans

- Each participant discusses the situation that is the most stressful for him at work and with the support of the trainer prepares a plan of action to reduce the level of stress at the time of its occurrence.