



Working with stress course outline

Stress is a fact of life at work and home. The Working with Stress programme enables you to develop strategies to work with your unique experience of stress in your life. Designed to make a difference to the stress in your life, and the lives of those around you, the programme includes structured self-exploration based on psychometrics and guidance from our experienced psychologists helps you to understand your personal experience of stress.

You will experience a range of stress management approaches to find the techniques which work with your life at work and home. This programme will help you contend with the sources of stress that have most impact for you personally.

1. Understanding your stressors

- Why manage your stress?
- Understanding the stress response
- Strategies for Stress Management
- Identifying your top 5 stressors

2. Strategies for managing stress

- Addressing Type A behaviour
- Attributional styles
- Optimists and Pessimists
- Adapting your attributional style

3. Relaxation

- Addressing the physical symptoms of stress
- Recognising and reducing tension
- Vital signs of stress

4. Physical relaxation techniques

- Sampling a range of physical relaxation techniques

5. Addressing the mental symptoms of stress

- What is deeper relaxation?
- The physiology of deep relaxation
- Relaxation rhythms
- The importance of relaxed breathing

6. Mental deep relaxation techniques

- Sampling a range of mental deep relaxation techniques

7. Next steps

- What to do when you are relaxed
- Making it happen