

SOFT SKILLS



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Stress Management Skill Course

Project Based Immersive Learning Course

Course Overview

Stress is a common experience that many people face in their daily lives. It can be caused by various factors, such as time constraints, workload, and personal challenges. Although stress can be beneficial in motivating individuals to overcome obstacles, excessive and prolonged stress can have negative effects on one's physical and mental health. Education Nest's course for Stress management provides strategies and techniques that individuals can use to manage stress, such as relaxation techniques, meditation, and positive self-talk. The ultimate goal of stress management is to empower individuals to gain control over the stressors in their lives, leading to a greater sense of well-being. Upon completion of a stress management course, individuals can develop expertise in managing stress effectively.

Benefits of Stress Management Skill Course :

Stress management can have numerous advantages, such as enhanced physical health, improved sleep quality, increased job satisfaction, and an overall better quality of life. Managing stress in the workplace can also have positive outcomes for individuals and teams. The following are the benefits that individuals can derive from participating in stress management and stress reduction training courses:

- The level of personal stress has decreased.
- Individuals have improved decision-making capabilities
- Recognize signs and symptoms of stress.
- Developing stronger bonds between family and friends is possible.
- Daily activities hold greater balance and value due to improvements.
- People acquire a deeper understanding of their bodies, minds, and inner selves
- These life skills enable individuals to lead better lives and enjoy longer lifespans.

Who should learn:

- Corporate Employees
- Managers
- Executives
- Team leaders
- Supervisors
- Anyone who wants to balance work and life
- Any individual who is subject to high-stress levels

Why Stress Management Skill Course from Education Nest

- **Free Demo on Request**
- **Live Interactive Learning**
- **Lifetime Access**
- **Flexible Schedules**
- **24x7 Support**
- **One on One Doubt Clearing**
- **Real Time Project-Based Learning**
- **Certificate Oriented Curriculum**

Key Skills Covered:

- Definition of stress and its impact on the human body
- Various models for coping with stress
- Identify methods of avoiding stress
- Minimize stress levels.

Stress Management Skill Course Syllabus

Module 1

- Defining Stress and Stress Management
- Understanding the Roots and Causes of Stress
- Typical Indicators of an Individual Under Stress
- Identifying Signs of a Stressful Situation
- Coping with and Managing Stress
- Converting Stress into Motivational Force

Module 2

- The Science of Stress Response
- The Hypothalamic-Pituitary-Adrenal (HPA) Axis
- Cortisol and Other Hormones in Response to Stress
- Neuroscience and the Impact of Stress on the Brain
- Exhaustion of Adrenal Glands due to Chronic Stress
- Levels of Stress

Module 3

- Internal Triggers of Stress
- Thoughts and emotions
- Negative thinking
- Positive thinking Mindset
- Anxiety and Worry
- Anger Management
- External Triggers of Stress
- Family and Work Balance
- Parental strain
- Lifestyle habits and behaviors
- Work burnouts

Module 4

- Controlling mental overload
- Techniques to stay calm and focused
- Mastering making choices: Learning to Say NO/ Cost of saying YES
- Change Challenge and Management
- Getting Organized and Time Management
- Prioritizing Tasks and People
- The ASAP ('As Soon As Possible') Trap

Module 5

- Medical Approach to Stress - Drugs
- Non-Medical Approach to Stress - Holistic Therapies
- Physical Effects of Stress
- The Brain: Cerebral Lateralization
- Autonomic Nervous System
- Auto-Immune Disorders and
- Cardiovascular System

- Hypertension
- Respiratory System Disorders

Module 6

- Handling Subjects: Extreme Stress
- Checklist of Possible Problems
- Communication Cycles
- Opening the Bridge of Communication
- Trauma - T1, T2, and T3
- Trauma Process
- Relaxation Process for Trauma
- Defining and Treating Phobias
- Eight Horizons of Survival
- Reacting and Responding to Reactions

Module 7

- Stress Management Treatment Techniques
- Relaxation through Breathing
- The Respiratory System- Breatheology
- Respiration and The Nervous System
- Diaphragmatic Breathing and Counting the Breaths
- Exercise and Muscular Relaxation
- Nutrition and Diet for Stress Management
- The Mind/Body Connection

Module 8

- Signs of Stress on the Body
- Stress-Related Physical Conditions
- Emotional Signs of Stress

- Understanding Psychology and the Mind
- Strategies for Managing Stress
- Quick Response Techniques
- Importance of Seeking Medical Help

Career Support

Profile Building :

Experienced professionals are available to offer tailored assistance in crafting your CV and online profiles, taking into account your unique educational and experiential background.

Interview Preparation :

The upcoming interview preparation service will include personalized one-on-one sessions and the option for mock interviews if needed.

Job Referrals :

At Education Nest, we receive a variety of job requirements from diverse sources such as organizations, our clients, HR consultants, and a vast network of Education Nest currently employed in different companies. We strive to meet these varied requirements to the best of our abilities.

Continuous Support :

We offer continuous support for as much time as you need it, and a considerable number of our learners receive multiple interviews offers and promising employment opportunities as a result of the abilities they gain during the program.