



Stress Management

Stress is unavoidable and can be a great motivator to reach our goals. We must not let it overwhelm us. This course enables delegates to recognise the stress factors in their life and equip them with techniques to manage that stress.

Module 1 Introduction to Stress Management

- Overview of stress causes, symptoms, effects
- The role of breathing and visualization
- Setting intentions for the workshop

Module 2 Deep Breathing Techniques

- Benefits of deep breathing for stress reduction
- Diaphragmatic breathing exercises
- 4-7-8 breathing method

Module 3 Visualization for Relaxation

- How visualization works to relax the mind and body
- Basic visualization techniques (beach, meadow, etc)
- Guided imagery for relaxation

Module 4 Breath & Visualization Practices

- Breath & Visualization Practices
- Putting breathwork and visualization together
- Visualizing a peaceful scene while deep breathing
- Alternating breath focused visualization

Module 5 Applications for Daily Life

- Tips to make time for breathwork and visualization
- Mini breathing and visualization practices
- Apps and reminders to build habit

Module 6 Overcoming Obstacles

- Identifying and solving common obstacles
- Building intrinsic motivation
- Creating an action plan

Module 6 Wrap Up and Action Planning

- Questions and answers
- Review of techniques and action planning