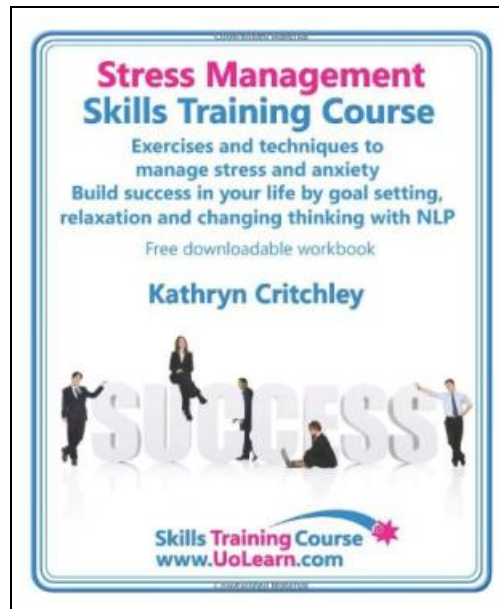


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Universe of Learning Ltd. Paperback. Book Condition: New. Paperback. 182 pages. Dimensions: 9.2in. x 7.4in. x 0.6in. **Stress Management Skills Training Course.** Stress is all around us and affects us all - but it isn't the same for everyone, and each of us handles it differently. One person's challenging pressure is someone else's debilitating stress. Techniques that work well for you might not be so effective for me. There is no single right answer, and that's why we want to help you build your own personal toolbox of stress management skills. **Course Overview** We start this course by taking an in-depth look at stress, exactly what it is and how to deal with it. We show you how to identify your unhealthy stress, and then give you a number of strategies to help you effectively manage and deal with any areas you want to change. Remember, not all stress is bad, some stress is good and can be healthy - plus it's often a great motivator. Throughout the programme we take a holistic approach to stress management and consider both manager and employee in the workplace, as well as how to cope outside work and maintain a healthy work-life balance. Topics include: Identifying and fully understanding what stress is. How stress affects our performance, physical body and behaviour. The importance of becoming aware of stress and then taking responsibility by implementing simple strategies to make desired changes to reduce stress. **Successful stress management** By taking a more personal, inward-looking approach you can gain far more control and make far more changes than you can by simply waiting and hoping for the world to change around you. By the end of this course you'll have a much deeper awareness of how you create your own stress and what you can do about...



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