

Stress management training project

[Business](#), [Human Resources](#)



Stress Management Training Project Introduction I chose stress management as a topic considering that many people in the workplace commonly encounter stress due to different factors. Many of the people who are affected by stress do not know how to avoid and deal with the stresses, which affects their productivity and quality of life. The training program is targeted at both middle and lower level employees of both gender and across all ages in a company. This group is targeted considering that they are most affected by stress. By instituting the program, I hope to help the target group have knowledge to identify when they or people close to them are stressed. In addition, I hope that the targeted group will be able to identify stressors and possibly avoid them. Furthermore, I hope the program will help the targeted employees develop skills that will help them cope and deal this stress. Hopefully, the overall productivity of employees and the company will improve significantly when employees gain knowledge and develop skills on how to manage stress.

Summary of the training project

Stress management training is geared toward helping employees avoid stress, identify its causes, and deal with stress effectively. The training will also help employees appreciate the benefits of leading a stress free life to the individual as well as the organisation. Through interactive training participants will learn how to apply different strategies to overcome their stresses. The training will be a one day course. The training will be conducted in three lessons, each lesson taking two hours.

Purpose of training

The training is aimed at equipping employees with knowledge of how to

avoid and deal with stress that results from work, family, and other life pressures so as to enhance their overall productivity and quality of life.

Course objectives

1. At the end of the training session, participants will be able to define stress and identify its signs/symptoms
2. At the end of the training session, participants will be able to identify the various causes of stress as apply to their lives
3. At the end of the training session, participants will be able to avoid or deal with the causes of stress
4. At the end of the training session, participants will be able to apply various stress management strategies
5. At the end of the training session, participants will be able to appreciate the benefits of living a stress free life to themselves and to the company

Course Outline

Define and identify stress through its signs and symptoms

How to identify stress in the home and work environments

Define and identify stressors (various factors that can lead one to experience stress)

Techniques and methods that can be applied to prevent stress: exercise, debriefing, adequate rest

How to cope with stress/Coping strategies

How to deal with anger, frustrations, and workload pressures

How to conquer unhealthy worry and overcome stress that results from financial problems

Stress management strategies: exercise, better organisation, creating a

good climate

Benefits of stress free life to the individual and organisation

References

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