

# Living Better with Stress

## Programme Description

Have you ever felt that you needed a stress management course but were too stressed to take it? We live in a world where the word “stress” has become common language and where navigating our way through conflicting priorities and multi-tasking have become a way of life. This workshop will help you identify ways to cope with your own stress factors in order to improve your well-being. You will work on identifying your own symptoms, causes and responses to stress and learn how to live better with stress.

## You Will

- Learn to recognize and examine the causes of stress in your life and your environment
- Identify stress symptoms, “alarm signals” and reactions
- Understand the stress mechanism: the alarm, adaptation and exhaustion phases
- Learn an approach for living better with stress which will include mental attitude, life and work hygiene principles and practical means: exercise, breathing, relaxation
- Learn easy-to-use exercises and techniques that will ensure a better work life balance
- Create your personal “Living better with stress” program and select exercises and techniques to practice every day

## Intended Audience

All employees who want to take control of their stress factors and improve their work-life balance

Workshop size 8-12 participants

## Workshop Duration

Two versions are proposed:

1. one day, dealing with all the points mentioned above
2. two days: dealing with all the elements above, and adding more focus on: developing a positive mental attitude; developing healthy habits; improving work-life balance; increased resilience

## Workshop Location

Decided by the client

## Cost:

- Trainer fee: CHF 4'000/day
- Photocopying and production of Participant handout and materials are at the charge of the client. The Consultant provides the Master copy of the participant handout