

Stress Management Training

Course Duration: 08 Hours

Course Code: SMT

1. Course Overview

Stress Management Training is designed to help individuals understand, manage, and reduce stress in both personal and professional life. The course covers practical techniques, psychological insights, and lifestyle strategies to improve mental well-being, productivity, and overall quality of life.

2. What You'll Learn

- Understanding stress: causes, types, and symptoms
- Techniques to manage and reduce stress effectively
- Time management and work-life balance strategies
- Mindfulness, relaxation, and breathing exercises
- Emotional intelligence and resilience building
- Coping mechanisms for workplace and personal stress

3. Target Audience

- Working professionals facing job pressure
- Managers and team leaders
- Students dealing with academic stress
- Entrepreneurs and business owners
- Anyone looking to improve mental well-being

4. Pre-Requisites

- No prior experience required
- Basic understanding of workplace or daily life challenges
- Willingness to learn and apply stress management techniques

5. Course Content

Module 1: Introduction to Stress Management

- Definition and types of stress
- Impact of stress on health and performance

Module 2: Identifying Stress Triggers

- Personal and workplace stress factors
- Self-assessment techniques

Module 3: Stress Management Techniques

- Breathing exercises and relaxation methods
- Meditation and mindfulness practices

Module 4: Time & Workload Management

- Prioritization techniques
- Avoiding burnout

Module 5: Emotional Intelligence & Resilience

- Handling emotions under pressure
- Building mental strength

Module 6: Work-Life Balance

- Healthy habits and routines
- Maintaining long-term well-being