

Continuum



Stress Management Skills: Thriving, Not Just Surviving

Who would benefit from this presentation:

- ***Everybody.***

In this seminar, participants will identify the sources of their stress, learn how the body reacts to stress and discuss how damaging chronic stress can be to one's health.

Understanding our stressors and our physiological response to stress is the first step in becoming "Stress Hardy." Removing stress from our lives is impossible, so much of this workshop deals with developing strategies and techniques of managing our stress.

While there is no question that men and women have the same initial physiological response to stress, recent studies have shown that women have a very powerful stress fighting system that men do not. This workshop will look at the science of stress, and how to use this information to develop effective coping techniques for both men and women.

Effectively dealing with stress involves an understanding of how stress affects the body, how the body responds to stress and using that knowledge to choose strategies and exercises to help alleviate the damage stress has on one's health.

What People Are Saying About Stress Management Skills: Thriving, Not Just Surviving:

"I will share this with my husband!"

"I enjoyed the presenter's humor."

"I would recommend it to other firms."

"I will take a different attitude toward stress."

"I will make a "Bliss List."

"Bliss List! Everyone needs one."

"Possibly the best program we've had."