

# Stress Management: Creating Supportive Behavior

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After “experiencing” some stress statistics, participants will share two stressors. Stress will be defined and its symptoms and causes will be discussed. Participants will identify ways to eliminate, change, and manage stress. Robust activities will heighten the learning experience. Participants will create an action plan that can be used to help balance stress.

## Objectives

- ★ Define stress.
- ★ Identify the symptoms and causes of stress.
- ★ Determine the stressors in your life.
- ★ Discover the techniques and skills to help eliminate, change, and manage your stressors.
- ★ Develop an action plan to create a better life.

## Training Time

- ★ 8:00 AM - 4:55 PM or
- ★ 3 sessions 2½ hours each or
- ★ 4 sessions 2 hours or
- ★ 6 lunch and learn 1½ hours each

## Attendees

All employees, especially those with coping and stress issues

## Recommended class size

6 - 30 participants

## Recommendations

- ★ *Relaxation CD.* Contact Barbara Walker at 513-961-8400 or [www.CenterForHumanPerformance.com](http://www.CenterForHumanPerformance.com).)

## Investment

\$10,000. In other words, if you have 150 participants, it would cost \$67 per participant. You can do your own calculations to determine the actual price per participant for your needs: 250 participants = \$40 each; 500 participants = \$20 each.

This investment includes the Instructor/Facilitator Guide and Participant Guide. It may also include handouts, case studies, job aids, PowerPoints, wallet cards, and scenarios. The documents may be provided in Word and/or PowerPoint so that you may customize them to meet your needs.

Unlike other companies, you do NOT need to take certification classes before you can purchase and use the material. We can help you train your trainers, but that is not a requirement for purchase. Once you purchase the material, it is yours to use as you wish throughout your organization, as many times as needed, by as many trainers as necessary.

Would you like a sample of a complete Module? Check out our [Business Ethics Module](#).

**Note:** 3 sessions 2½ hours each; 4 sessions 2 hours; 6 lunch and learn 1½ hours each

**Session 1 (90 minutes)**

Welcome  
Objectives  
Introductions  
Definition of Stress  
Symptoms of Stress  
Positive Side of Stress  
Stress Curve

Break

**Session 2 (65 minutes)**

Causes of Stress  
Priority and Change  
Managing Stress

Break

**Session 3 (145 minutes)**

Eliminate Stress  
Unchangeable Stress  
Communication  
Habits

Lunch

**Session 4 (75 minutes)**

Problem Solving  
Change Our Reaction through  
Thought

Break

**Session 5 (85 minutes)**

Self-Esteem and Attitude  
Beliefs, Values, and Spiritual Beliefs  
Money and Career  
Nutrition  
Exercise  
Sleep and Rest

Break

**Session 6 (75 minutes)**

Connectivity  
Flexibility  
Stress Tips  
Company Actions  
Action Plan  
Wrap Up