



# Stress Relief and Stress Reduction: A One Day Primer

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Stress seems like an inevitable part of life. The demands of work, home, and society can place a lot of stress on just about anyone. This one-day workshop will help you identify your personal stressors and will explore some ways to manage and prevent stress.

## How You Will Benefit:

- Understand stress
- Be better able to deal with stressful situations
- Become more stress-resilient
- Personalize techniques to manage stress
- Develop time management and problem solving skills

## What You Will Cover:

- Defining stress
- The causes and costs of stress
- Understanding and managing precipitating factors
- Holmes-Rahe stress inventory
- The triple A approach: Alter, Avoid, and Accept
- Being flexible in the face of change
- Dealing with anger and worry
- Solving problems
- Building supportive relationships
- Using humor
- Relaxation techniques
- Nutrition, exercise, and sleep
- Making the most of vacations
- Redefine your expectations
- Getting organized at work and at home
- Delegating and saying no