



See more at [www.zandax.com/courses/managing-stress](https://www.zandax.com/courses/managing-stress)

Course information from ZandaX

## Managing Your Stress for a Better Life

**Reduce and control your stress levels**

Course duration: 2 hours of highly focused content (Revisit, review and revise as often as you want)

### What you'll learn

- ✓ What is Stress?
- ✓ Change and Situational Stress
- ✓ Money and Finances
- ✓ Health and Lifestyle
- ✓ Interactivity and Support
- ✓ Time and Obligations
- ✓ Fun and Relaxation
- ✓ Setting Goals and Planning for the Future

### What does our Managing Stress course cover?

#### Get a Plan to Beat Your Stress

Stress has been described as one of the main health problems of the 21st century!

Stress affects almost everybody: rich or poor, old or young, in a first world or third world country, people are affected by stress.

And with the health problems that stress brings, everybody needs to deal with their own stress - or run the risk of consequences that are as unpleasant as they are predictable.

So if you suffer from stress (and we all do to some extent), and you are looking for a plan to deal with it, then this course is for you. Take charge of your stress now: your future self will thank you for it!

This Stress Management skills training course, like all our courses, has been developed over many years of classroom and online delivery. Content has been thoroughly researched and is constantly updated so it's always leading edge. It's delivered by professional presenters and is full of practical knowledge and solutions.

Still wondering whether to do the course?

Just think about this: how much would you benefit if you had better stress management skills?

### Course requirements

There are no pre-course requirements: whether you're new to training or have attended courses before, you'll find our style of presenting the subject matter to be engaging, useful and easy to retain.

### Who's this course for?

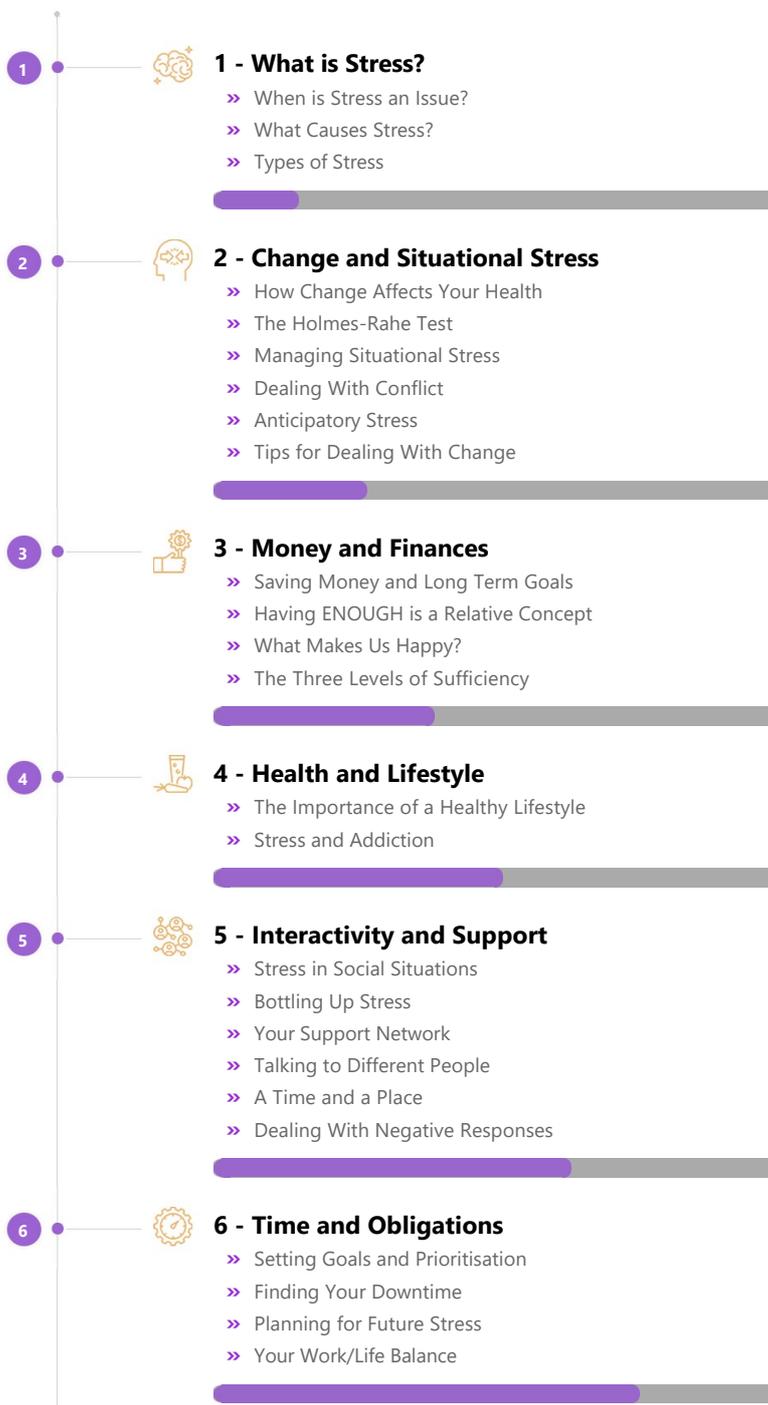
This course is perfect for anyone who is struggling to cope with stress. As we know, stress can arrive at any time, and from any direction, but the rules for managing and reducing it are the same.

## CPD accredited course



This course is CPD accredited, which means that not only has it been rigorously assessed in terms of content and quality by the CPD, but you have learning options (see below) to get your own official CPD certificate.

## Course content for Managing Your Stress For A Better Life



- 7  **7 - Fun and Relaxation**
  - » Relaxation and Breathing
  - » Yoga, Meditation and Mindfulness
  - » Planning for Fun
  - » STOP the Wrong Kinds of Activity
  
- 8  **8 - Setting Goals and Planning for the Future**
  - » Knowing What You Want to Accomplish
  - » SMART Goals
  - » The Three Ps of Goals
  - » The Four As of Goals
  - » Notes on Achieving your Goals

### And There's a Great Workbook...

The CPD certificate you get with the Diploma and Professional course options will be your proof of **where you are**.

How about realizing your **full potential**?

The course comes with a great, results-focused downloadable workbook.

The workbook features:



## More about the ZandaX Managing Your Stress For A Better Life course

### Learn How to Reduce and Manage Your Stress

#### Learn about reducing and controlling your stress

We are all stressed, but too much of it is just plain unhealthy.

So if you're stressed, and it's not going away, you need to do something about it.

We show you what stress is, what causes it, and the effect it has on you.

We explain the different types of stress, and its five primary causes, before looking at how to set simple goals and coping strategies that will help you to reduce and manage stress.

We also show you how to identify the stress you can remove, and how to deal with the stress you can't. You will be able to find a more sustainable work/life balance, enjoy life a whole lot more - and be in better health too!

Watch the modules, revisit them time and again ... and have fun with improving your skills!

### Learning format

The course is offered as follows:

You'll learn using easy-to-follow on-screen videos which you can pause, re-run and revisit as often as you like, and also through interactive content with short quizzes and questions appropriate to the course subject.

The course is arranged into modules, each with several lessons. Refer to the course content for more details on what's covered. You also get interactive content, a comprehensive workbook and a course certificate as evidence that you have invested in your skills as part of your professional development.

## View this course online

Visit our website at [www.zandax.com/courses/managing-stress](http://www.zandax.com/courses/managing-stress) to view the latest details, including related courses, prices and quantity discounts.



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