



Course information for

Managing Your Stress for a Better Life

Reduce and control your stress levels

Managing Your Stress for a Better Life

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?

Learn How to Reduce and Manage 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 content for Managing Your Stress For A Better Life

- 1  **1 - What is Stress?**

 - » When is Stress an Issue?
 - » What Causes Stress?
 - » Types of Stress


- 2  **2 - Change and Situational Stress**

 - » How Change Affects Your Health
 - » The Holmes-Rahe Test
 - » Managing Situational Stress
 - » Dealing With Conflict
 - » Anticipatory Stress
 - » Tips for Dealing With Change


- 3  **3 - Money and Finances**

 - » Saving Money and Long Term Goals
 - » Having ENOUGH is a Relative Concept
 - » What Makes Us Happy?
 - » The Three Levels of Sufficiency


- 4  **4 - Health and Lifestyle**

 - » The Importance of a Healthy Lifestyle
 - » Stress and Addiction


- 5  **5 - Interactivity and Support**

 - » Stress in Social Situations
 - » Bottling Up Stress
 - » Your Support Network
 - » Talking to Different People
 - » A Time and a Place
 - » Dealing With Negative Responses


- 6  **6 - Time and Obligations**

 - » Setting Goals and Prioritisation
 - » Finding Your Downtime
 - » Planning for Future Stress
 - » Your Work/Life Balance



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



This is a CPD Certified Course

This means that not only has it been rigorously assessed in terms of content and quality, but with the **Diploma** or **Professional** course options, you get a personalized official CPD certificate.

And There's a Great Workbook...

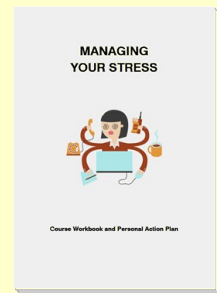
The CPD certificate you get with the Diploma and Professional course options will be your proof of **where you are**.

How about realizing your **full potential**?

Choose the **Development** or **Professional** course options and get your own great, results-focused downloadable workbook.

The workbook features:

- **Summary notes** of the course to refer to as you go
- Space for **your own notes** alongside the summaries
- Apply the lessons in each module to your own situation and needs
- The **unique ZandaX Personal Action Plan** with four structured Follow Up Sessions for you to monitor and manage your ongoing development
- A final Review Session for you to see just **how far you have come!**



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

Giving You a Plan to Beat 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 options

This course is delivered as informative, easy-to-watch videos which you can pause, re-run and revisit as often as you like. You can view the content in any order, and review whatever you like at any time.

You also have the following options to choose from:

Fast Track option

You don't get extra learning resources, but it's a quick and easy way to go.

This option is for you if you want good coverage of the subject but have limited time or budget.

Development option

This is the most popular option because it also includes a comprehensive ZandaX workbook and Development Plan which allows you to engage fully and deepen your understanding enormously.

This option is for you if you're serious about your development and don't need a CPD certificate.

Diploma option

This includes the Fast Track course, PLUS a CPD certificate. It's ideal for people who want to learn the subject to an adequate level and achieve a CPD certificate but don't need to maximize their knowledge.

This option is for you if you need a CPD certificate as part of your professional development, or you'd like one to put with your CV.

Professional option

Here, you get everything: the course, PLUS a comprehensive ZandaX workbook and Development Plan, PLUS a CPD certificate. So you maximize your learning, and get an internationally recognised certificate.

This option is for you if you're serious about development, and want credible proof of your progress.

ZandaX

ZandaX – Change Your Life ... Today

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