Stress: A Way of Life or a Fact of Life

Overview/Description
All aspects of work and life require stress—everyone experiences it. Experiencing stress is not all bad, but how we perceive stress is what’s important. Stress is our body’s normal response to any extra physical, mental or emotional demand we place on it. This workshop will help you to understand more about stress, identify your stressors and learn ways to cope with and manage high stress levels.

Target Audience
Anyone who would like to understand stress more fully, and learn ways to cope with it.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

- Describe what stress really is
  - Describe how stress affects your body
  - Describe how stress affects cognitive, emotional and behavioral aspects of life
  - Distinguish between positive and negative stress

- Identify ways to manage your stress
  - List the three keys to managing stress
  - Describe how you can determine what is causing you stress
  - Describe how to get control of your stressors

- Describe stress coping techniques
  - Describe techniques to help you cope with short-term stress
  - Describe techniques to help you cope with longer-term stress