

Resilience & Stress Management

Course Overview

Stress is a fact of life. It is human nature for people to experience stress in certain situations or environments. But why do some people just naturally deal with stress better than others? Some people have naturally high levels of resilience, for others stress can be crippling and for many, it is somewhere in between those two. Finding better ways to deal with stress and build resilience takes practice, but the good news is, that there are some very effective tools and techniques that can help you better manage stress and develop higher levels of resilience.

Program Format

This is 1-day program that can be delivered face-to-face or as a virtual program.

Course Objectives

- Define stress and resilience.
- Explore the causes, signs, and symptoms of stress – including the differences between good stress and bad stress.
- Identify your personal stress triggers as well as your emotional and physical responses.
- Develop better ways to manage stress responses by identifying and focusing on what you can control.
- Assess your own personal resilience levels.
- Use control mechanisms to increase personal effectiveness and build stress resilience

Course Outline

Define Stress and Resilience

Learn to understand the two terms and, specifically, the important differences between them.

Causes of Stress

Examine all of the aspects of your life to determine what causes stress and the areas of your life where they generally arise.

They could be:

Personal – your internal thoughts, self-awareness and self-sabotage.

Interpersonal – The stress caused by dealing with others.

Organisation – The systems, processes, and organisational cultures that can cause stress.

You will also examine and identify the cognitive, emotional, physical, and behavioural symptoms of stress.

Stress Response and Stress Management

Look at the fight/flight/freeze response and identify better-coping mechanisms for dealing with stressful situations.

Break down aspects of your personal and professional life to identify what you can and cannot control.

Assess Your Resilience

Complete a self-assessment to identify your levels of stress resilience in five core areas including:

Reboundability

Stress management

Focus

Confidence

Motivation/Commitment

Afterwards, you will identify your personal resilience strengths and areas of development. This will help you focus on creating strategies to build higher levels of resilience ongoing.

Techniques for Building Resilience

Look at a range of resilience techniques designed to refocus your energy and redirect negative self-talk into more positive outcomes.

Build a Personal Resilience Model

Using the information you learn from the session, begin to create strategies for better stress management and resilience and put a plan in place to start strengthening those skills.

