



'Stress is the mismatch between the demands placed upon us and our ability to cope with those demands'



▶ STRESS MANAGEMENT



WHAT WILL IT COVER?

- What is stress?
- Eustress and distress
- Physical and psychological stress
- 20th century stressors
- Type A and Type B people
- Breathing
- Relaxation
- Exercise
- Activity
- Diet

COURSE DURATION: 1 DAY

NUMBER OF PARTICIPANTS: 8 - 10

Physiologically, based on the number of cell divisions in each organ, the human body should be capable of living to between 100 and 150 years. Anything less should be considered an 'early death. However stress-induced illnesses have now replaced infectious diseases as the most prevalent health afflictions affecting industrialized nations. Stress Management will look at the sources of stress and show how recognizing the problems and working to improve them will make you happier and more efficient in your life.

WHO IS IT FOR?

Everybody. We all experience stress in one form or another. An awareness of the advantages and disadvantages of stress is a major factor in reducing the chances of stress-induced illness.

