

## Stress Reduction Class

*Apply techniques that will enable you to cope with the tensions and stresses of everyday living.*

### Course Benefits:

Stress is something that we can't avoid – yet very few of us have the skills to deal with it. Many of us live life feeling stressed and unable to switch off. It can feel like we are constantly firefighting, feeling overwhelmed and yet unable to stop. This often leads to symptoms of long-term stress such as bad moods, sleep problems, low tolerance of others, loss of sense of humour, headaches, anxiety, depression and even physical illness.

This course provides you with skills and techniques to make the changes that you want. You will be able to adjust yourself to your environment even though you may not be able to change it. You will be able to tolerate the people, places, or things that used to disturb and annoy you.

You will find that your performance (be it physical, mental or emotional) improves when you are in a state of relaxed alertness. Relaxation will give you the peace of mind and inner tranquility that will enable you to cope with the tensions and stresses of everyday living.

This course combines a range of techniques including NLP (Neuro-linguistic Programming), Mindfulness and Guided Meditations and Advanced Communication techniques to enable you to gain control over your feelings and emotions in any given situation.

Attendees will leave the course feeling that they not only have a better understanding of themselves and others, but are also armed with practical techniques to make the changes they require.

The instructor for this course is Lisa Jones who is an International Corporate Trainer, NLP Practitioner, GHR Registered Hypnotherapist and Mindfulness and Meditation Trainer.

### Who should attend:

This course is aimed at anybody who wishes to control their stress and enhance their ability to achieve their goals

### What you will learn:

On successful completion of the course, you will be able to:

- Recognise the symptoms of 'Background stress'
- Understand the importance of relaxation
- Apply techniques which enable you to manage your emotions
- Recognise your current coping mechanisms
- Apply a technique that enables you to control your stress by moving from a stress reaction to a stress response
- Take control of emotions using Mindfulness techniques
- Practice Mindfulness Meditations
- NLP technique for instant calm

### What you will cover:

- How stress affects us– The symptoms of background stress; the importance of relaxation; the 'Body scan' exercise
- Stress – What causes you stress; The definition of stress; moving from the 'stress reaction' to stress response; coping mechanisms; the 4 count breath exercise
- Mindfulness and Meditation – What is Mindfulness; Mindfulness practice exercise; How Mindfulness and meditation can help with stress; the impact of gratitude; 'Counting the Breath' meditation exercise.
- Behaviour – The 'Calm Anchor' NLP exercise; How other people can cause us stress; Technique to defuse heated situations; Guided Relaxation Exercise ; taking the next step and implementing the skills obtained from the course

### How you will learn:

Learning is achieved through a mix of lectures, discussion, exercises and simulation.

Attendees will also receive a CD containing the practice exercises and guided meditations for future practice.

### Duration and availability:

One day non-residential. Public and in-house.