

Dr. Sapna's
STRESS to DE- STRESS

Today's technologically advanced society has been described by many as being a high-pressured and fast-paced world that is filled with uncertainty and ambiguity, a world that is oftentimes just plain stressful. The cost of stress- related absenteeism, sick leave, lost productivity, and employee turnover is a staggering amount. The good news is that you can equip your entire staff with tools that build coping resources and cut down costs.

Pressure itself is not bad. In fact, many thrive on it. But when those pressures exceed a person's ability to cope, then that is when the problems start. It follows, therefore, that we can tackle stress either by reducing pressures or by increasing coping resources – or a combination of the two.

We give them actionable strategies to resolve stress with the best intellectual, behavioral and physical techniques to:

- Identify and manage their personal stressors
- Build individual flexibility system
- Employ the most effective stress management strategies
- Identify, accept and prevent burnout
- Manage life around difficult people and situations

COURSE CONTENT

Course Content:

- ⇒ MODULE 1: THE GIFT OF SUCCESS
 - Is stress for real?
 - Am I stressed?
 - What does it mean?
- ⇒ MODULE 2: THE MENTAL STRESS
 - Your reason- My reason
 - The effects
 - Knowing to let go- assertiveness, stop self blaming
- ⇒ MODULE 3: THE PHYSICAL STRESS
 - Primary physical stress
 - Secondary physical stress
 - The supreme yoga- Priority management, Recognizing the stress alarms,
- ⇒ Module 4: EVERY DAY CHOICES
 - What choices do you make every minute
 - Living in awareness
 - The role of counseling and meditations
- ⇒ PERSONAL PLAN

Duration: 2 days

Approach: Interactive sessions with discussions, , guided meditations, mindfulness exercises, relaxation exercises and drawing personal ownership plans

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