



Stress Management - Mastering Stress Successfully and Calmly

Description

Stress is a natural part of our lives. However, too much stress can have serious consequences. Numerous physical and mental issues can result from too much stress. During this e-training course, you will learn the definition of stress and the cause behind it. How can we succeed in reducing stress? Which methods of instrumental, mental and regenerative stress management are helpful? This e-training course provides answers to these questions. You will learn how to recognize stress, understand it better and manage it successfully through targeted techniques and methods.

Target Audience

Employees and managers who experience very high levels of stress ;
Employees and managers who want to improve their stress management and take care of their health

Learning Objectives

- Understanding and being able to classify stress
- Understanding the relationship between stressors, stress amplifiers, and stress responses
- Managing stress confidently and successfully
- Encountering stress in a constructive way in your day-to-day life