



Insight and Inspiration,
Innovation and Vision
For the Developing and
Evolving Self

INTERNATIONAL INSTITUTE FOR SELF DEVELOPMENT

IIFSD.org

A Workshop

Stress Management

- Definition of Stress
 - Feeling of discomfort in the body
 - Distinguished from stressors
 - Events and factors external to us
- Identifying job stressors
 - Exercise: write out what causes you stress at work
 - Change, workload, conflict with boss or coworkers, lack of authority to meet responsibilities, expectations of others, personal dissatisfactions
 - Exercise: go through a check list, identifying stressors and rating their severity
- Working with the components of stress
 - Body response
 - Identify the pain in your body
 - Behavior
 - Identify what you do under these circumstances
 - Feelings
 - Identify your feelings
 - Thinking
 - Identify what your thinking is
- Changing body, thinking and behavior to deal with stress more effectively
 - Relaxation techniques
 - Deep breathing
 - Modifying thoughts and beliefs
 - Identify irrational thoughts, find rational alternatives
 - Develop behavioral strategies to deal effectively with stressors
 - Conflict resolution techniques
- Developing other coping strategies
 - Time management
 - Developing assertiveness
 - Balancing home and work
 - Adaptation
 - Exercise, Nutrition

