

Stress: The Good, the Bad and the Ugly

The program focuses on effective and healthy ways to deal with daily stress. This program takes a look at stress creating lifestyles and provides the tools and knowledge to deal with them.

Program Content:

What is Stress?

- Facing the Fact of Stress
- The Stages of Stress
- The Signals
- Responses to Stress

Handling Stress in the Workplace

- Clarifying Roles and Expectations
- Setting Priorities to Get Your Workload under Control
- Dealing with People Pressure
- Dealing with Change
- Maintaining a Positive Attitude
- Positive Coping Strategies for Managing Stress

Balancing Work and Home

- Stop and Reflect Workshop

Canadian Mental Health Association Stress Test

- What are you Really Living for?