

Stress Management Training – Part 1

- Identifying Stress
- How Our Body Responds to Stress
- The Mitchell Method of Relaxation
- Stress Coping Model
- Daily Hassles
- Life Events

Stress Management Training – Part 2

- Positive Self-Talk
- Prioritizing to Reduce Stress
- Stability Zones
- The Wheel of Strife
- Supporting Networks
- All Stressed Out
- The Benson Method