



Managing Your Stress

If you think stress is just something that makes you worry, you may have the wrong idea of stress. Stress can be defined as our mental, physical, emotional, and behavioural reactions to any perceived demands or threats. Many people carry enormous stress loads and they do not even realize it.

Stress cannot be eliminated from our lives, but we can learn how to get off the “stress rollercoaster”. You will learn how to use three rules to conquer over stress for a happier and healthier life.

During this one day program you will learn:

- How to recognize stress
- Understand how your brain handles stress
- What are happy/sad messengers
- What are pick-me-ups/put-me-downs
- Treatment of over stress



At the end of the program you will have a better understanding of stress and how to work with it instead of working against it. You will leave with a “Checklist” for handling over stress.

Program Outline (8:00 am to 4:00 pm)

8:00 am

- Welcome
- Recognizing Stress
- Stress Scale
- Brain Chemical Messengers
- Three Happy Messengers

10:00 am Coffee Break

10:15 am

- Pick-Me-Ups
- Patterns of Inheritance

12:00 pm—Lunch Break

12:30 pm

- Video “The Joy of Stress”
- Pick-Me-Up Rebound

2:00pm Coffee Break

2:15 pm

- Put-Me-Downs
- Treatment of Over stress
- Checklist of Handling Over stress

8:00 am - 4:00 pm
\$249 Per Participant
Group Rates Available

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