

Stress Management Workshop

Manage stress more effectively at home and at work with this Stress Management Workshop. Learn to identify key stressors, define them, and deal with them more effectively with proven techniques for stress management. Learn techniques for mitigating and coping with stressors at home and in the workplace.

Group classes in NYC and on-site training is available for this course.

For more information, email nyc@careercenters.com or visit: careercenters.com/courses/stress-management-workshop-nyc



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Course Outline

- Define stress and know what to look for in signals. Early recognition is key to prevention of significant physical, emotional impacts
- Understand the different passive and active coping techniques and create an action plan for future improvement to be able to notice and minimize unhealthy stress reactions
- Learn how living a healthy lifestyle aids in stress management and small changes to make to help alleviate anxiety
- Recognize the positive effects of stress if managed well
- Gain tips for emotional management and practice with a group activity