

Dealing with Anxiety and Stress

We all deal with stress from time to time. However, currently stress levels are skyrocketing due to the coronavirus pandemic and its consequences on our lives. Excessive and chronic stress can be detrimental to physical and mental health.

This workshop will help you to deal with excessive stress by reducing the demands on you and increasing your resources to manage the stressors in your life.

Designed for you

This workshop is designed for people who are experiencing high or chronic stress.

Outcomes

Learn how to:

- Be aware of the importance of managing exposure to information.
- Have a deeper level of self-awareness, emotional triggers and reactions.
- Understand the feelings of anxiety and stress at a deeper level and be more mindful of noticing and managing them.
- Learn strategies for dealing with uncertainty by building personal resilience, managing stress and practising self-care.
- Be mindful of the importance of the emotional bank balance.

Tailored group training - in-house or through virtual workshops

Ask us how we will tailor this program to your organisation or team.

Benefits are that we tailor the:

- *Content* to suit your organisation's needs.
- *Delivery* to reflect your procedures, values, examples and terminology, which encourages participants to apply their new skills in their roles.
- *Duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at info@icml.com.au.