

What's Involved in a Stress Management Training Session?

Firstly the session is all about you. We will begin to weigh things up from your perspective. My aim is to give you all the knowledge you need to become aware of and then alleviate stress.

We will spend some time focusing on what the issue is. It could be something in your personal or professional life. Maybe you have begun to avoid situations or feel your health or behaviour is a reaction to a stressor. So first things first we will identify what this is. There has been considerable research into the subject of stress. Be assured that the symptoms you may be experiencing are not uncommon and part of your self-development will be realising this. Similarly there are many techniques you can learn and implement to become lifelong habits which will make you a more resilient person and help you achieve your goals.

We will use a series of diagnostic questionnaires. These include the Holmes and Rahe Stress Scale with which we will pin point what has been going on in your life. As you begin to participate in these exercises you will see a picture emerging of the demands which are being placed on your resources to cope.



If you think of a set of scales – one side are your resources and on the other side are the demands which are placed on these. By natural laws one side will tip in the favour of the greatest pressure being exerted. It could be that you have been experiencing long term stress caused by a personal issue. This will take its toll on you both emotionally and physically. This in turn reduces your coping resources, which could be stressed to the limit if another stressor begins to take its toll on your resources. My job is to create awareness of this. When we achieve awareness we can see patterns, which we can change together.

We will look at the symptoms of stress. Again we can draw on a wealth of research and experience in this area. It is often quite therapeutic to just talk about these things. Stress has a stigma, which is bizarre, as the very existence of human beings depends on stress in some ways....if we didn't get stressed we wouldn't achieve anything!

We will look at how we react to stress – in particular the “Fight or Flight” syndrome and how this affects our bodies and our behaviour.

There will be a relaxation exercise which finishes off the session and which you will begin to practise, in order to learn to relax.

So this is a very straight forward, enlightening and relaxing session which will give you the building blocks to alleviate stress in your life.