

## Stress Management

[Sign Up](#)

### Stress Management Techniques | Online Short Course

Stress management techniques boost mental well-being, build resilience, and help maintain balance in both your professional and personal life daily.

## About The Course

This course explains what stress is and how it affects both your body and mind. It teaches proven ways to manage stress in daily life and helps you identify your personal stress triggers. You'll learn simple relaxation methods and healthy habits that build resilience. The course is suitable for professionals in any field and at any experience level. It combines practical strategies with easy-to-understand theory and provides tools you can use right away. These tools help you handle stress more effectively, feel more in control, and be better prepared for pressure. By the end, you'll gain valuable skills to stay balanced, focused, and well—both at work and at home.

## Why Take This Course on Stress Management

Chronic stress can negatively impact job performance, strain relationships, and harm your overall well-being. This course teaches practical skills to manage stress more effectively. You will learn how to reduce tension, improve focus, and build healthier daily habits. The program also introduces simple techniques to enhance mental clarity and emotional balance. These strategies support a more stable and fulfilling life, both at work and at home. As a result, you'll respond to challenges with greater confidence and resilience, and be better prepared to maintain your long-term well-being.

# What You Will Gain From This Course

- Identify common stressors and understand their impact on your performance and health.
- Apply proven stress-reduction and time management techniques to stay in control.
- Build resilience and strengthen emotional intelligence to handle high-pressure situations.
- Enhance your mental clarity and improve decision-making abilities.
- Maintain a healthy balance between work and personal life for long-term well-being.

## Who Should Enrol

This course is ideal for a wide range of individuals, including:

- Managers and team leaders who want to foster healthier, more supportive workplaces.
- HR professionals focused on promoting employee well-being and mental health.
- Healthcare workers, teachers, social workers, and others in high-stress professions seeking effective coping tools.
- Individuals living with chronic stress-related issues, such as anxiety, insomnia, or high blood pressure.
- Remote workers and freelancers who experience isolation or struggle with blurred work-life boundaries.

You will learn to identify stress triggers and understand how stress affects both mental and physical health. In addition, you'll develop effective coping strategies to manage it. You'll also explore relaxation techniques, time management skills, and mindfulness practices. Together, these tools help reduce stress and build resilience for handling life's challenges.

## Course Content

### ^ Unit 1: Introduction

- Introduction

### ^ Unit 2: Awareness of Real and Imagined Stress

- Awareness of real and imagined stress

### ^ Unit 3: Controlling Stress

- Controlling stress

### ^ Unit 4: Categories of Stress

- Categories of stress

### ^ Unit 5: Categories of Emotional Stress

- Categories of emotional stress

### ^ Unit 6: Power of Perceptions

- Power of perceptions

### ^ Unit 7: Escape Routes

- Escape routes

### ^ Unit 8: Managing Mental Wellness

- Managing mental wellness
- Healthy work-life Balance
- The 4 C's of stress

### ^ Accreditation

- Non-accredited: Short course only
- Duration: 02h 20m
- Delivery: Classroom/Online/Blended

- Access Period: 12 Months

[Print this Course Overview in PDF](#)



Search...



