

# CPD Course in Managing Stress

Open Learning Programme Information

## Programme Information

### COURSE OUTLINE

#### Module 1: Understanding Stress

Defining stress

The causes of stress in terms of three personality types

The effects of stress in relation to physical, emotional and mental behaviour.

#### Module 2: The Stress Response

The concepts of stressor and stress response.

The concept of an holistic approach to a stress response.

The major components in the activation of the stress response.

#### Module 3: Symptoms of Stress

The physical, psychological and behavioural symptoms of stress

Stress indicator questionnaires

The physical and emotional warning signs of stress

#### Module 4: Understanding the Coping Process

Recognise coping responses to stress

Non-responding behaviours

#### Module 5: Managing Stress - Skills and Techniques

A ten point plan for dealing with stress

#### Module 6: Relaxation and Stress

A range of relaxation and stress relief measures

#### Module 7: Nutrition and Its Role in Managing Stress

A range of diet and nutritional behaviours which reduce stress

The links between nutrition and stress

The benefits of exercise in reducing stress

The role of sleep in reducing stress

#### Module 8: Self-Concept and Self-Esteem

The concept of self-esteem

Self-esteem and personal analysis

Composing personal development plan for improving self-esteem

#### Module 9: Goal Setting and Time Management

The importance of motivation in reducing stress

The process of goal-setting

Common effective time management techniques