

Personal stress management in everyday life

How to escape the “totally normal frenzy”

“I’m stressed” – the words are on everyone’s lips. The constant stream of new tasks, chronic lack of time and fear of failure place us under constantly mounting pressure in today’s achievement-oriented society. But people cannot consistently function at full capacity unless the rhythm of each day includes times of relaxation as well as tension. If the balance is lacking, the result may be physical ailments and mental fatigue. All too often the consequence of one-sided and persistent negative stress is complete exhaustion – in fact burnout. A cautious estimate by company health insurance schemes puts the proportion of German workers affected by burnout at one in nine.

Stressed people often feel helpless and as a result of the tunnel vision that is typical of stress disorders they fail to see what they can do to change the situation. Without the necessary pauses for reflection and the leisure to even notice their own needs, they cannot move forward.

Traditional stress management programmes have only a limited impact, because they usually address only one aspect of the problem – they involve time management seminars designed to improve the way we work, or they adopt a physical approach based on relaxation and movement techniques, or they focus on mental and emotional aspects through therapy and meditation. Real stress management must involve all levels of the person.

With the 360° vitality concept that we have developed your staff will examine their personal stress patterns from different perspectives. They will become aware of their physical, mental and spiritual needs and learn self-help techniques that they can deploy quickly and effectively at any time. This will enable them to achieve an inner balance with which they can handle the totally normal frenzy of their everyday lives more calmly, more cheerfully and more healthily.

The benefit to your business will surpass your expectations. It’s better than possible.

Contents

External stress factors

- Time pressure
- Range of tasks
- Differing expectations of superiors, clients, colleagues

Internal stress factors

- Sabotage programmes
- Internal drivers
- Perfectionism
- Role conflicts

Self-management and time-management techniques

- Prioritising tasks
- Organising the working day
- Email management

Movement and relaxation

- Using simple movements to reduce stress hormone levels
- Body awareness
- Emotional and mental training
- Deliberately shifting between tension and relaxation

Practical transfer

- Self-help techniques to use in stressful situations

Methodology

- Activating training methods
- Interactive knowledge transfer
- Relaxation exercises
- Movement exercises (from BrainGym, Touch for Health and Health Kinesiology)
- Elements of hypnotherapy and meditation
- Creativity techniques

The course

The training programme can be run

- as an all-day course or in units of 2-4 hours
- with groups of up to 12 people
- with several trainers for larger groups
- at your business premises or our seminar centre.

The course can, of course, be adapted to suit your requirements.

**We shall be happy to give you details of the conditions.
Just use the contact form at www.betterthanpossible.de.**