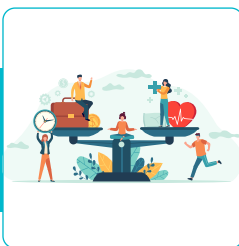


LIFESKILLS COURSE #L 513



Stress Management



COURSE DESCRIPTION

Stress is a normal part of life, but when it goes unmanaged, it can affect our thoughts, emotions, relationships, and overall well-being. This *Stress Management* course helps participants understand how stress works, identify personal stress triggers, and develop practical skills to respond in healthy ways. Through self-awareness, simple stress-management techniques, and real-life application, participants will learn how to reduce stress, build resilience, and create greater balance in their daily lives.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Opportunity and Growth
- Self-Awareness and Safety
- Positive Thinking Skills
- Goal Setting and Achievement



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning
 Item Number: L 513
 eLearning Length: 255 Slides
 Scientific Model: Cognitive Restructuring

CRIMINOGENIC NEEDS MET

Social and Emotional Learning
 Restorative Practices



COURSE CONTENT

Unit 1: Understanding Stress

Gain an awareness of what stress really is.

Unit 2: Root Causes

Whatever form it takes, stress always has a root cause.

Unit 3: The Science of Stress and the Body

Learn to understand how stress affects the body.

Unit 4: Mind Power for Managing Stress

Think better. Stress less.

Unit 5: Healthy Lifestyle Habits

Integrate healthy habits into daily life to manage stress.



eLEARNING ACTIVITIES

- Narration & Story Telling
- Animated Thoughts
- Self Assessments
- Scenario Based Learning
- Focused Journaling
- Application and Skill Building

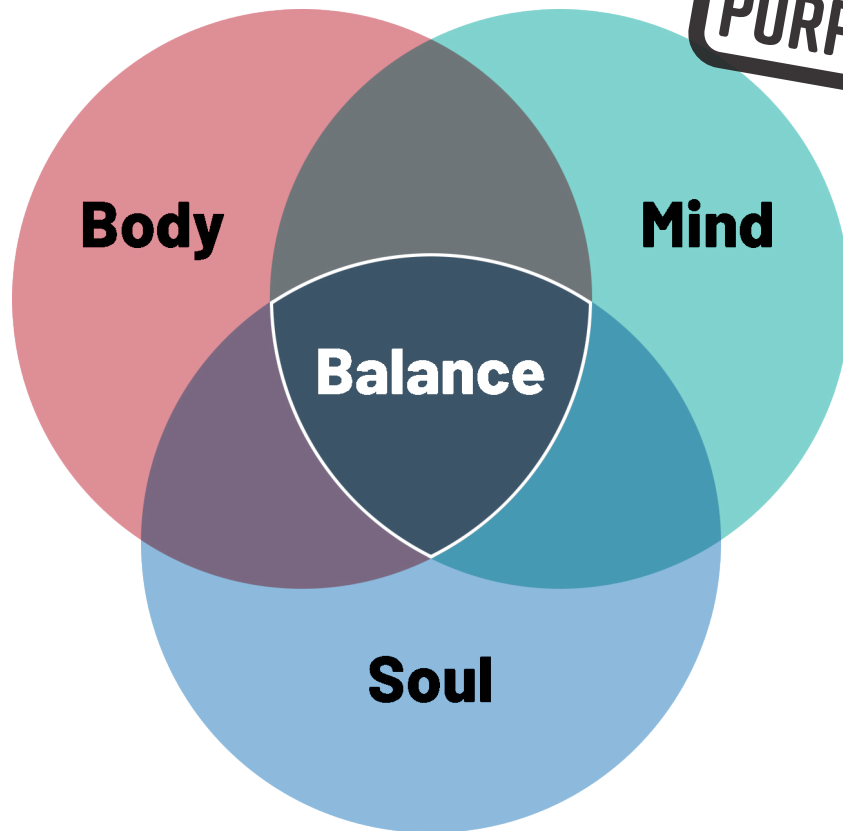


PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning License

SELF-CARE

**FOR DISPLAY
PURPOSES ONLY**



Learn to care for your mind, body, and emotions

