

PERSONAL PROFESSIONAL LONGEVITY UNDER STRESS

A Stress & Lifestyle Management Workshop Full Program Highlights

Maintaining Health & Performance

INTRODUCTION

- Our Life Situation
- Eustress vs. Distress
- Energy Investments
- What is Stress?
- Distress Matrix
- Stress Management

ESSENTIAL INGREDIENTS

1. Become a Good Stress Reducer - Your Body's Furnace
2. Become a Poor Anxiety Reducer
3. Psychosomatic Tools
4. Make Wise Energy Investments - Investment Matrix
5. Be Proactive Not Reactive - Well Being Continuum
6. Use Your Stress Management Tools

THE D.E.L.I. APPROACH

DISCOVERY

- Awareness
- General Adaptation Syndrome (G.A.S.)
- Our Body Stress Responses
- Consequences of Mind/Body Stress Preparation

EVALUATION

- Subjective Units of Discomfort
- The Evaluation Framework

LEARNING

- Shoulds & Should Nots
- Speed-Ups
- Self-Fulfilled Prophecies
- Control Issues
- Planning vs. Scheduling
- Threatening Job Conditions
- Goals vs. Wants
- Creating Your External Environment
- Creating Leisure Training
- Maintenance of Your Internal Environment
- Attitude Management
- Gaining Self-Control Through Relaxation
- Interpersonal Relationship
- Self-Confidence Training
- Who is Responsible?
- Quick Fixes

IMPLEMENTATION

- Self-Commitment Continuum
- Simple Lifestyle Plan
- Evaluating Your Energy Management
- Day-to-Day Self Management Admission Ticket
- Lifestyle Changes & Habit Building

APPENDIX A

- Relaxation Techniques

APPENDIX B

- 101 Techniques

UNIQUE HEALTH SOLUTIONS FOR YOUR LIFE

stepupphysio