

Health First Business

Stress Management

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The enormous amount of stress we live with on a daily basis is considered by many health authorities as one of the major causes of ill health and disease in our society. Although stress can be very negative for our health, there are actually some good aspects to stress.

Unfortunately, most people only understand and experience stress as a negative occurrence. The truth is we need to have some stress in our lives to survive. When looking at stress, how much is too much? Our stress management class will take a look at how stress affects the body physically, mentally and behaviorally.

We will talk about what signs to look for when stress becomes less constructive and more damaging. Most importantly we will go over how to manage and control stress. Participants will be taken through fun (and relaxing) stress reducing exercises as well as self-testing to see how stress is affecting their lives.

After this class your employees will have better tools to understand and manage their stress. This will enhance their lives personally and help them to be happier and more productive in the work place.