



# Strategies for Managing Stress

## Course Description

Stress is a normal part of every day. We may think of it as only bad or distress, but we also experience eustress, a positive type of stress. This interactive workshop investigates the causes of stress at work and teaches how to differentiate between distress and eustress. Participants will first master stress management strategies by creating an action plan that mitigates or regulates their stress triggers. Participants will then learn how to optimize eustress to use it to their advantage.



## Course Outline

- What is stress?
  - Good stress, bad stress, eustress, distress
  - The stress experience
- Workplace stress management
  - E.A.S.E
  - Promoting eustress

## Outcomes

- Understand the cause and experience of stress.
- Differentiate between eustress and distress.
- Follow an action plan to manage stress by using E.A.S.E., Learnit's 4-step method for regulating and mitigating stress triggers.