

# STRESS AND SELF-MANAGEMENT

## Non-Credit Bearing

In this unique and enlightening program, we delve into the fascinating world of neuroscience to explore the intricate connection between the brain and stress. Our course goes beyond traditional stress management techniques by integrating brain awareness as a central theme. By understanding the inner workings of the brain, you'll gain valuable insights into how stress affects your mental and physical well-being.

Through a combination of cutting-edge research, practical exercises, and mindfulness practices, you'll learn to navigate the complex landscape of stress with a newfound awareness. We'll explore the brain's response to stress, and your brain functioning when it comes to managing your workload. By gaining a deeper understanding of these mechanisms, you'll be equipped with powerful tools to regulate your emotions, improve decision-making, and enhance resilience.

Our course takes a holistic approach, focusing not only on stress reduction but also on promoting self-management techniques. You'll discover evidence-based strategies to optimise brain function, including mindfulness, cognitive techniques, and conscious workload management. We'll guide you through practical exercises that strengthen neural connections, enhance cognitive flexibility, and promote a positive mindset.

### **WHO SHOULD ATTEND**

- Everyone can benefit from this course

### **HOW YOU WILL BENEFIT**

- Greater self-awareness of how you function and your stress reactions
- Methods to effectively manage stress, manage your emotions, and harness the power of your brain
- Cultivate a life of balance, fulfilment, and resilience
- Methods to improve the way you work to reduce the impact of stress and to create more balance
- Ability to consciously make choices to direct your work and life.

### **WHAT WILL BE COVERED**

- Explore what stress is and how it is experienced in your body
- Increase self-awareness of what causes you stress and your typical responses to stress
- Change your mindset to see stress as a challenge and not as a threat
- Understand key aspects of brain functioning to help you manage your workload better
  - System one and system two thinking
  - Deliberate focus
  - Power of habits
  - Prioritise prioritising
- Techniques to manage stress in the moment through labelling, perspective taking and reappraisal
- Explore self-care methods to reduce the impact of stress and build resilience
  - Growth mindset
  - Mindfulness

*One-day course 08:30 - 16:00*

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