

Stress Management Services of Monmouth County

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Stress Management Training Outline

Part one (approximately 60 minutes)

Discussion of goals and mission statement

Defining stress -- what is stressful in your life?

Distinguishing between stress and stressors

The impact of stress

- a. Emotionally.
- b. Physically.
- c. Socially.
- d. Your comfort zones and achieving your balance -- "homeostasis"
- e. Mind versus body.
- f. Summary and questions thus far.

Part two (approximately 60 minutes)

Performing relaxation techniques

Autogenic Training

Biofeedback defined and practiced -- understanding self regulation.

Taking your baseline -- what is *your* homeostasis?

- a. Situational, cold hands and feet.
- b. Abdominal breathing technique, simplified.
- c. Visualization -- any time, anywhere.
- d. Jacobsonian or Progressive Relaxation Technique

Situational stress

- a. the hourly de-stressor
- b. The mini -relaxation technique.

Part three (approximately 30 minutes)

The "lesser known addictions"

- a. Habitual responses and reacting.
- b. Self hypnosis -- choosing our reactivity to life stress
- c. Group autogenic training exercise (15 minutes).
- d. Questions, discussion, and follow up, Autogenic CD's and Hand-outs

Part four (approximately 30 minutes)

- e. Group autogenic training exercise (15 minutes).
 - f. Questions, discussion, and follow up (20 minutes, or more as needed).
 - g. Handouts: relaxation CD, breathing exercises, etc.
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Seminar Details:

The above outlined seminar is approximately 3 hours, and can be structured with greater and lesser emphasis by the presenter. An abbreviated 90 minute version of this seminar is also available.

Cost is determined according to company size, distance, and number of classes.
Ideal class sizes range between 8 and 35 participants.

CDs and educational handouts are included.