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| THE NAME OF TRAINING | <i>STRESS MANAGEMENT</i> |
| THE AIM | "Stress Management" is a modular training aiming to get to know better the stress and its symptoms which the participants experience, the personal stress sources and their negative outcomes; to gain the skills of learning and implementing the method and strategies in order to manage the stress and so, to raise their personal activities and quality of their life. |
| THE METHOD | Visual presentation, practices, exercises, interactive information sharing and psychodramatic plays are utilised in this training. |
| THE CONTENT | <p>1. Session: The Stress and The Strategies to Overcome it. What Is the Stress? What are its Physical and Psychological Effects? What Makes Us Get Stressed? How Can We Overcome The Stress? The Practices and Practical Suggestions</p> <p>2. Session: Breathing and Relaxation Techniques The Correct Breathe-The Wrong Breathe! Deep Breathing and Relaxation Exercise Imagination (Envisioning) Technique</p> <p>3. Session: Communication Skills and Body Language Empathic Communication in Interpersonal Relations Beyond the Words: Body Language Practice: Psychodramatic Play</p> <p>4. Session: Effective Time Management Dealing With Time Thieves Put-Off-Monster Inside Me Our Priorities: ABC Analysis To Be In The "Moment"</p> <p>Termination and Overall Evaluation</p> |
| TRAINER | Kadir ÖZDEN (Psychologist, MA) |