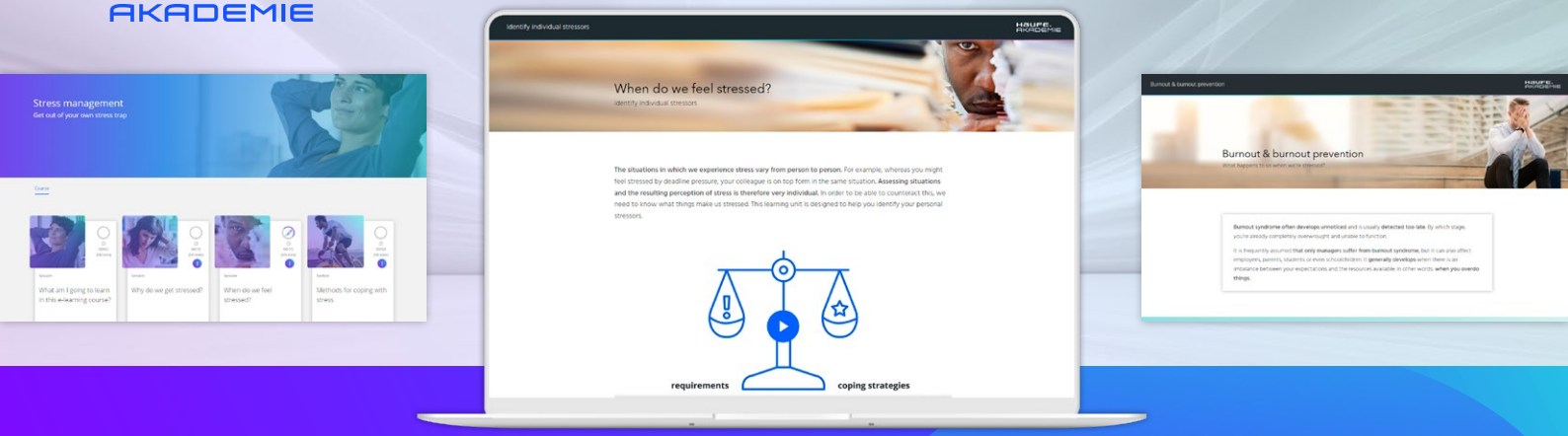



e-learning

# Stress management

Stress is an integral part of most people's daily lives. In our professional and personal lives we face many challenges that cause us to feel pressure and stress. With skilful stress management, you can master these challenges and act more calmly in stressful situations.

Booking Number: **34916**

Group of participants:
Anyone who feels stressed both professionally and privately and wants to reduce their stress levels or avoid getting stressed in the first place.

Duration: **approx. 2 hours**

Language:

Unit price:
**€ 119,-** zzgl. MwSt. | € 141,61 inkl. MwSt. *Package prices from 50 licenses on request*

## Learning objectives

- ✓ You can explain how stress arises and the physical reactions it produces.
- ✓ You are sensitive to your own physical signals and can recognise stress at an earlier stage.
- ✓ You recognise how stress affects you personally.
- ✓ You know how to use stress management methods.
- ✓ You recognise the signs and causes of burnout and methods for preventing it.

## Contents

Why do we get stressed?
When do we feel stressed?
Methods for coping with stress
What happens to us when we're stressed?
What will I take away with me from this e-learning course?

**Information on the web**
www.haufe-akademie.de/34916

**Let us advise you**
Tel. +49 761 595339-10 • digitales-lernen@haufe-akademie.de