

Soft Skills Training for the Workplace

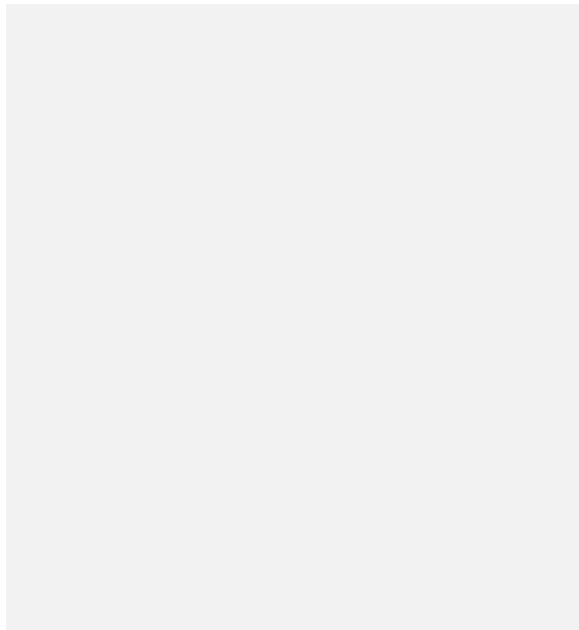
Module 453:
Stress Busters

What is Stress?

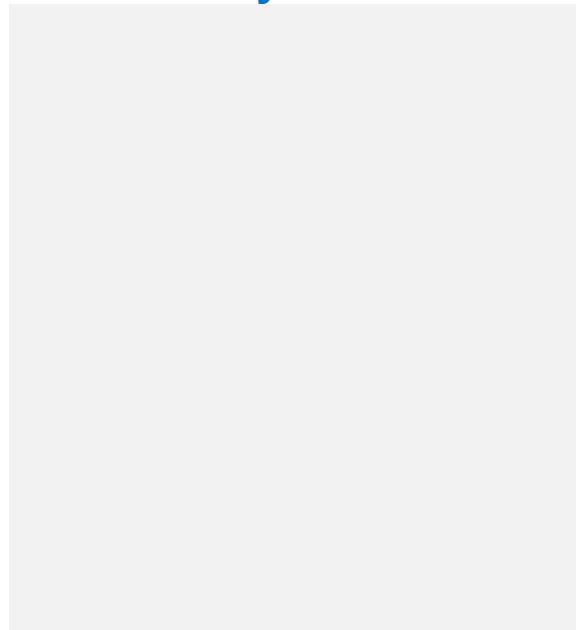
What makes you feel stressed?

How do you know when you are stressed?

Mental or Emotional



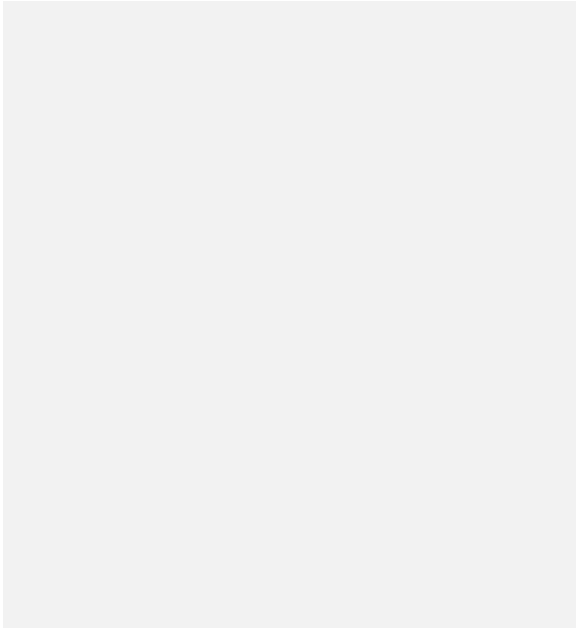
Physical



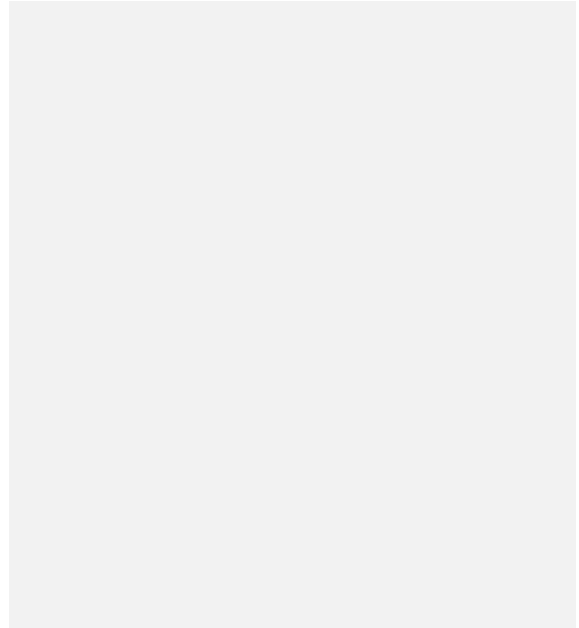
Stress Busters

When you are stressed, what helps? What makes it worse?

Helps



Harms



Which strategies from this module will you apply next time you are stressed? Explain the situation in which you might use each strategy.

Acceptance

Consider, what is changeable in your life- anything from the personal to the professional, big or small. What can you do to begin to change those things?

What is your life will you try to accept the way it is currently? Explain.
