

Stress & Less





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Intention

Work is very important for us and basically has a positive stabilizing effect on us humans.

Working with strict deadlines and performance pressure, multitasking, interruptions and monotony of work as well as fast moving work environments are straining people.

How stressed am I actually?

Take your online stress check. Active work experience.

How can I use stress positively and differentiate it from negative stress?

How do I personally experience stress and what stresses other people?

Do I have any symptoms of burnout?

How can I deal with pressure? What is good for me?

Goal

- Learn to differentiate between negative, stressful and positive activating stress.
- Reframing Eustress and Distress. Learn to understand cause and effect.
- Taking stock of your own stress level and raising awareness using specific personal examples.
- Generation of ideas for self-determined coping. Learn to name and use personal feelgood factors.

Target group: all

Duration: 5 modules à 2 hours

Format: Digital Camp via WebEx

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Digital Camps

Pre

Tech-Check:
Fit for Digital Camp

1

Dealing with stress & positive tension

- Create awareness about "stress" and dealing with it.
- Learn to distinguish between negative stress and positive activating stress, learn to understand cause and effect.

2

What is stressing me?

- Internal and external stressors. How do I identify and analyze the stressors?
- What change options do I have? How can I transfer this into everyday life?
- Sharing is caring through interactive sharing of personal options for action.

3

Exercise, nutrition, sleep

- Am I moving enough?
- How does movement affect me personally, what types and patterns of movement are there?
- How important is nutrition to me? Which nutrition patterns are good for me?
- How does sleep affect body and mind? What type of sleeper am I and do I sleep enough?

4

Do things differently

- Recognize what resilience means.
- Learn how to activate personal resilience and what factors contribute to it.
- Stay in Balance - learning to expand your own repertoire of behaviour.

5

Things are going well for me!

- How do I experience the change and how do I deal with it?
- Be aware of your patterns. What measures and models are there to deal with change and stress?
- Set priorities and live actively.
- Identification of personal happiness factors and implementation in everyday life.

ANTOINE DE SAINT-EXUPERY

**To see clearly,
it is often
enough to
change the
direction of
view.**

**HEALTH
&
FOCUS**

Contact



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