

Stress Control Through Lifestyle Management Agenda Day 1

Welcome and Refreshments

Session One: Introductions and Course Overview

Icebreaker: Clearing the Board

Session Two: Defining Stress and How It Affects Us

Tension Reducing Stretches

BREAK

Session Three: What Is Stress About?

LUNCH

Session Four: Building a Solid Foundation

Stress Release...

Session Five: Mental Strategies

Relax...Relax... Let Go

Wrap-Up & Evaluation Feedback
