

# **Stress Control Through Lifestyle Management Agenda Day 1**

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Welcome and Refreshments

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Session One: Introductions and Course Overview

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Icebreaker: Clearing the Board

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Session Two: Defining Stress and How It Affects Us

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Tension Reducing Stretches

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**BREAK**

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Session Three: What Is Stress About?

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**LUNCH**

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Session Four: Building a Solid Foundation

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Stress Release...

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Session Five: Mental Strategies

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Relax...Relax... Let Go

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Wrap-Up & Evaluation Feedback

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# **Stress Control Through Lifestyle Management Agenda Day 2**

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Welcome

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Session Six: Stress at Work

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Session Seven: Time Management Tips

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Relaxation Session ...

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**BREAK**

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Session Eight: Stress at Home

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Session Nine: Drainer and Fillers

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A Personal Action Plan

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Stress Release...

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Wrap-Up & Evaluation Feedback

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