



## EMPOWERED STRESS MANAGEMENT

**Professional Certification: Empowered Stress Management**

**Course Code: M022/25**

**Duration:** 16 Hours

**Delivery Format:** Hybrid

**Target Audience:**

- Individuals experiencing stress or fatigue
- Those seeking to boost immunity and overall health
- People aiming to increase energy levels and vitality
- Individuals struggling with mood swings or anxiety
- Those looking to manage workplace stress
- People interested in learning stress management techniques and relaxation strategies

**Program Outcomes:**

Upon completion of this program, participants will be able to:

- Implement strategies for achieving and maintaining physical and emotional wellness.
- Proactively manage their health and well-being.
- Understand of how factors like poor diet, lack of exercise, and environmental toxins contribute to imbalance.
- Utilize specific techniques, such as laughter, yoga, and mindset tools, to effectively manage stress.

## **Detailed Syllabus**

### **Module 1: Laughter Within**

**Outcome:** Participants will explore the use of laughter as a tool for stress management.

#### **Topics:**

- Create excitement within which is contagious.
- A positively motivated and excited individual will affect people to follow.
- Creating a massive platform for dealing with stress, using nothing but laughter.
- Identifying why and how Laughter Therapy can be a great tool for stress management.

#### **Activities:**

- Laughter therapy sessions.
- Group discussions on the effects of laughter on stress levels.

#### **Assessments:**

- Reflective journal on personal experiences with laughter and stress relief.
- Short presentation on the science behind laughter therapy.

### **Module 2: Strength Within**

**Outcome:** Participants will learn how yoga practices can benefit their physical and mental health.

#### **Topics:**

- Practicing yoga is beneficial for both physical and mental health.
- It enhances flexibility, strength, and balance while reducing stress and anxiety.
- Yoga promotes relaxation, improves focus, and can lead to better sleep.
- Additionally, it supports cardiovascular health and overall well-being, making it a holistic practice for maintaining a healthy lifestyle.

#### **Activities:**

- Yoga sessions for various skill levels.
- Mindfulness and meditation exercises.

#### **Assessments:**

- Practical assessment of yoga poses.

- Written report on the personal benefits of yoga and mindfulness.

### **Module 3: Mindset Within**

**Outcome:** Participants will learn techniques to improve their mindset and manage stress.

#### **Topics:**

- Consideration of all points of view and a willingness to change.
- CARTESIAN COORDINATES - The four 'Cartesian Questions' tend to open up our own perspectives and encourage views of different yet related possibilities and outcomes.
- ABOVE AND BELOW THE LINE - Choosing to be in a positive state of being.
- Breaking negative state and utilising positivity from inside out.
- PERIPHERAL AWARENESS - Enhance your sensory acuity to become more attuned to subtle cues and changes in your surroundings, aiding in a deeper understanding of yourself and others.
- 737 - Relaxation breathing technique to activate the body's parasympathetic nervous system, which counteracts the stress response.

#### **Activities:**

- Role-playing exercises to practice different perspectives.
- Guided meditation and breathing exercises.

#### **Assessments:**

- Case study analysis on applying mindset techniques to stressful situations.
- Personal action plan for maintaining a positive mindset.