



Mulberry House

# STRESS MANAGEMENT



## Product Syllabus:

- What stress is
- Stressors
- Reactions to stress
- Fight or flight
- Hormones & their effects
- Life stressors
- Recognising stress
- Signs & symptoms
- Children & stress
- Worrying
- Work stressors
- Sleep
- Nutrition & appetite
- Caffeine
- Staying hydrated
- Smoking
- Alcohol
- Financial concerns
- Physical consequences
- Mental health
- Practical solutions
- Stress diaries
- Relaxing
- Breathing
- Stress sanctuaries
- Routines
- Distraction techniques
- Activities & exercise
- Treatment

Mulberry House