

Stress Management

Category:

GENERAL COURSES



INTRODUCTION

Back in time, Stress wasn't an everyday affair, but with changing times, increasing competition, higher ambitions, lower satisfaction, MNCs which strive for higher profits, raging economy and what not stress and anxiety have not only found a place in everyone's life they have become the symptoms of some life threatening diseases.

At Skill Arcade, we look forward to help you understand the need for stress management and imbibe tools and techniques which could help reduce stress for a healthier lifestyle at work and home.

WHAT WILL WE COVER?

- What is stress?
- Understanding symptoms & triggers.
- Handling Tension & Anxiety.
- Physical signs of stress.
- What are the techniques to overcome stress.
- Stress management through theater, Motivation, Positive thinking.