



Because They Follow Your Every Move

Managing Stress

Stress Reduction Strategies for Better Health and Performance

Stress is the first condition people experience and is a warning signal that the person is stepping into negative performance territory. We can learn to recognize and appreciate these first indicators in order to better manage our own mental wellness and support others in managing theirs. This workshop provides education and strategies to maintain resilience and regain feelings of well-being and satisfaction.

Participants will learn to:

- Know your Baseline: Understand what mental wellness looks and feels like
- Notice early signs of stress in self and others
- Apply a Stress Test
- Learn about positive mental diet
- Learn about unhealthy coping strategies
- Apply self-care strategies effectively

This course is designed for:

- Any employee wishing to improve their stress management ability
- Staff who regularly experiences stressful situations
- Individuals wishing to raise their overall resilience level sustainably
- People who wish to prepare for a potentially stressful period in the future

At Integra, we are people dynamics specialists.
We build people systems that are resilient and sustainable – perfectly prepared to survive, thrive and outperform.

All our programs are customized to meet your needs.
Call us for a free initial consultation.
905-373-4242