

## *Department of Mental Health and Behavioral Sciences*

### Organizational Psychology/Corporate Mental Health Courses

# **Understanding and Managing Stress**

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## **Objectives**

As part of the Max Healthcare Industrial-Organization Psychology Initiative, the following modules are also designed to give value added input to your employees and your organization.

The objective of the course is to promote emotional, psychological and spiritual well being of the organization and its employees by helping them understand the nuances of individual psychology and develop effective ways of addressing emotional issues.

## **Course Description**

This is a workshop that helps each individual identify and learn to manage stress. This includes personal and professional stress. Stress is a biopsychosocial phenomenon, this workshop gives a scientific understanding to stress coping. The course is conducted by highly qualified and experienced team of psychiatrists and clinical psychologists.

The course will cover etiology and prevalence of stress. It will help the participants recognize and understand personal stressors as well as develop more adaptive and healthy coping skills.

## **Duration**

1 day

## **Learning Objectives**

- Recognize the signs of stress
- Learn about one's individual personality type
- Learn about individual coping skills- strengths and limitations
- Develop functional coping skills around stress

### **Who Should Attend:**

- The course will benefit individuals in organizations including managers, team leaders, human resource development personnel, customer care staff and senior level trainers, managers, executives.

### **Course Content**

- Definition of Stress
- Individual Personality Type
- Biopsychosocial view of stress
- Impact of Stress on work and personal life productivity
- Individual coping skills
- Stress Busters

### **Course Evaluation**

The successful participants must have completed all of the below:

1. Attendance through entire program.
2. Participation and completion of stress related questionnaires done during and post-session