

# FEBRUARY TRAINING PROGRAM 2010 LAHORE



## Stress and Anger Management

Date: 17-18 Feb '10  
Duration: 02 Days  
Timings: 0900-1700 Hrs  
Fee: PKR 11,000/-  
Venue: Lahore

## Registration for LAHORE, Please Contact

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## STRESS AND ANGER MANAGEMENT (02 DAYS)

At moments of comfort and convenience stress is not a problem but when challenge and controversy stare us in face, the way in which we react, physically, emotionally and spiritually, is the measure of our success in dealing with stress. Stress is part of everyday life, and our response to stressful stimuli plays a vital role in our survival.

The stress management course is designed to equip participants with knowledge, strategies and skills, thus enabling them to deal with stressful situations, confidently.

### OBJECTIVES:

On successful completion of the course participants will be able to:

- Recognize that stress is a positive, unavoidable part of everybody's life.
- Identify the symptoms of stress overload.
- Identify how lifestyle choices can contribute to stress and how we can work toward making different choices.
- Develop some stress reduction techniques to help manage stress right now
- Begin planning long-term protection against the cumulative effects of stress.