

Anti-stress training and stress management

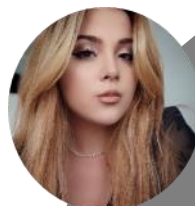
#1 This is stress - in order to win against the enemy, you have to know it well

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- Tight stomach, faster heart rate, tension, back pain, migraine ... Do you know this? Insomnia, worrying, dark thoughts ... Do you feel this way? Most of us find it easy to recognize our stress symptoms when they become intense and harder to control. Would you like to learn to recognize the first symptoms of stress in order to neutralize it faster?
- To make it possible, you will discover for yourself what stress really is, how it arises from the psychological and neurobiological side and when it becomes a threat - by learning about the process of stress formation, you will be able to react faster and more effectively.
- **What does science say?** - you will learn the practical application of the results of the latest research on stress.
- **Stress manifests itself in the body and in your head** - you will learn to recognize external and internal "stressors" and you will be prepared to react appropriately to the first signs of stress.

#2 Make friends with stress

- Is it even possible? You would probably like to get rid of stress once and for all? And have you heard of recent scientific research that proves that what you think about stress is more harmful than stress itself? In our training you will discover the wisdom of stress and how to turn it from an enemy - into a friend.
- During the training you will have a unique opportunity to complete a real **psychological test (CISS)**, thanks to which you will be able to look at your coping strategies in difficult situations and decide which style of coping with stress you want to consciously use in the future. You will learn about **our proprietary Stress Management Algorithm**, which will help you turn anxiety into mobilization and focus on constructive action in 6 steps.



Have any questions?
Feel free to contact us.

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#3 Control your stress and act effectively

- Did you know that soldiers of special services learn to regulate and calm their breathing, relax various parts of the body, and calm down? Supposedly, there are no "tough people", they are only well prepared - trained. You too can prepare for the challenges that arise before you: an important speech, a management meeting, a conversation with a key client, etc. - **learn techniques and methods that help you deal effectively in stressful situations, keep a cool head and a clear mind.**
- Do you know how powerful tool for stress management is a breath? You will learn **techniques to control your breathing** to reduce anxiety and tension (**Schultz Autogenic Training**). You will learn what mindfulness is and how to train it - you will learn ways to relax even when you only have 3 minutes at your disposal and no matter where you are
- You will learn how to control muscle tension in response to stress: **Jacobson training.**
- Why do you need relaxation? You will learn about the effects of prolonged tension and stress, **and find your own motivation to plan some time for relaxation,**
- You'll also discover the role of your reptilian and mammalian brains as well as **pessimism and optimism in long-term stress management,**
- .You will learn how you can use your brain's neuroplasticity to **feel more at ease and happy instead of stress!**

How we take care of your needs:

