

**TRAINING TITLE:** Recognizing & Reducing Stress Symptoms

**TRAINER NAME:** LaFreshia “Free” Brown, LPCC, CADCI

**CONTACT INFO:** [hello@therashare.com](mailto:hello@therashare.com)

**DURATION:** 3-4 hours or 5-6 hours

**AVAILABILITY:** Tuesdays and Saturdays

**DESCRIPTION:**

Stress is a universal human experience; no one is immune. Regardless of age, gender, or race we will experience pressure. There are multiple societal factors and traumas that can compound and amplify the effects of stress too. We can't completely eliminate stress from life. We can, however, devise effective ways to manage stress and cope with it efficiently. The goal of this workshop is to reduce the toll stress takes on our bodies and our minds. Recognizing & Reducing Stress Symptoms is a workshop to provide tools to manage and cope with stress, to learn about stress triggers, and ways to help manage symptoms. This training will share techniques to relax, controlled response to triggers, and cultivating mindfulness. Attendees will leave with the ability to recognize the sources of stress, tools to manage stress-related symptoms, and ideas to create a healthy lifestyle habit. Expect to learn and to receive tangible resources.

**TOPICS**

(2-4 subtopics can be chosen based on audience and training duration):

- Effects of Stress On the Body and Mind
- Releasing Tension
- Mindfulness: Breathing, Relaxation and Visualization
- Managing Thoughts, Refuting Irrational Ideas, and Self-Talk
- Self-Care
- Fear, Anger, and Avoidance
- Goal Setting and Time Management
- Assertiveness
- Diet and Stress
- Body Movement

**MATERIAL USED:** worksheets, handouts, notepads, music, herbs, and more.

## AGENDA

(Each training will consist of 2 subtopics. Each additional subtopic will add 1 hour and 15minutes to training)

15 Registration  
15 Welcome  
15 Introduction/Waivers  
15 Activity (pretest)

**1hr**

30 Teaching & Exploring  
20 Group Activity  
10-15 Share  
15 Break

**1.25hrs**

15 Check In  
30-40 Teach, Explore, Learn  
15-20 Activity  
10-15 Share

**1.25hrs**

30-45 Processing, Questions, & Resources  
15 Wrap Up (or break)

**1hr**