



STRESS MASTERY FOR LIFE

Content Areas: Attitude, Meditation, Mindfulness, Mindset, Movement, Resiliency, Self-Awareness, Self-Care, Self-Regulation, Stress Mastery

Duration: Eight Weeks

Description: Stress is a fact of life in the world today, and in some cases, is unavoidable. Yet with up to 90% of disease and injury linked to chronic stress, it is imperative to learn how to master it for long-term health, happiness and well-being.

This eight-week program guides you on a journey to stress mastery through coaching and education. It also assists in building awareness and develops key skills and practices. Look forward to creating an individualized stress mastery plan that will support your success. Experiential opportunities are integral components of the program, along with group discussion and support.

Overview:

- Week 1 – Understanding Stress
- Week 2 – Homeostasis & Self-Awareness
- Week 3 – Self-Care
- Week 4 – Self-Regulation & Values Clarification
- Week 5 – The 3Ms: Mindfulness, Meditation & Movement
- Week 6 – Planning for Change
- Week 7 – Time & Energy
- Week 8 – Continuous Improvement on the Path to Stress Mastery

Key Components:

- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with electronic curriculum/action items
- Support – Access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting

Investment: Starting from \$2,600