

Strategies for Taming Stress Online



**SAFETYTM
ACTION**

**AXIOM
TRAINING**

Take charge of your stress with practical strategies that help you stay calm, focused, and in control.



Capacity

-



Self Paced Learning

-



Locations

Online at a location of your choice

Overview

Strategies to Tame Stress is an online course that teaches you how to manage stress in healthy and practical ways. You'll learn how to recognise stress triggers, use proven techniques like relaxation, journaling, and mindfulness, and build habits that help you stay calm and in control. This course is designed to give you easy-to-use tools that fit into your everyday life, helping you feel more focused, resilient, and balanced.

Course Content

- ✓ Identify healthy versus unhealthy coping strategies and assess your own approach to stress.
- ✓ Apply practical stress management techniques - such as relaxation, journaling, and cognitive reframing - to reduce tension and improve well-being.
- ✓ Develop a personalised plan to build resilience by cultivating an internal locus of control and integrating stress-reduction habits into daily life.

Unit Standards

Non Unit Standard

Book your training today

0800 222 388

safetyaction.co.nz